

4/6  
*Officium Eucharisticum.*

*Lake*

A

K

X

PREPARATORY SERVICE

TO A

Devout and Worthy Reception,

OF THE

**Lord's Supper,**

*[by Edward Lake]*

*The One and Twentieth Edition.*

To which is Added,

A MEDITATION for every DAY  
in the WEEK.

St. Luke xxiv. 36.

*He was known to them in breaking of Bread.*

L O N D O N,

Printed for A. Roper at the Black Boy, over against St.  
Dunstan's Church in Fleetstreet, 1706.

---

Imprimatur,

*Hic Liber, cui Titulus, Officium  
Eucharisticum.*

*Ux Aedibus Lambeth,  
Jun. 13. 1677.*



*Ant. Saunders.*

---

21-12/1742

To Her Royal Highness the  
**PRINCESS**  
OF  
**ORANGE.**

MADAM,

**W**Hen I first resolv'd a third *Review*  
of these *Rude Collections*, I was  
easily perswaded by my Friends to Ad-  
dress them to your HIGHNESS, not out  
of a design to beg your *shelter* and *pro-*  
*tection* of them from the *ill usages* of a *cen-*  
*sorious* and *inhospitable* World, not out of  
an *overweening desire* of raising an *Obelisk*  
to my otherwise *perishing* and *private*  
*memory*, though I know that your *Autho-*  
*rity* will keep them in breath long after  
the *Author* shall have expired his; not  
out of an *innocent Ambition* to proclaim  
my *Obligations* to your HIGHNESS,  
which are more and greater than can be

*The Epistle Dedicatory.*

crowded into an *Epistle*. These indeed are the usual Pretences of Dedications, but my aim is higher, and directed to a more important end, by telling the World how Good, how Religious You are, to encourage You to be more so. And yet in attempting this I may seem *Impertinent*; because you are become your own *Theatre*; every Scene of your Life is so generally known (whilst the World is a Spectator to applaud and admire you) that it were even an unpardonable arrogance in a man of my mediocrity, either to think of adding any thing to your HIGHNESS's Lustre, or to believe, I need open my Reader's Eyes. The gravity and sweetness of your Mein, the affability of all your Comportments, the vertue, innocence, and goodness of your Life, your resolved Constancy in adhering to the Religion of our Church, your frequent and devout Retirements into your Closet, your unwearied Attendance at your Chapple and Altar, are sufficiently obvious, that the bare knowledge of your HIGHNESS hath been enough to render you beloved, which yet  
one

*The Epistle Dedicatory.*

one cannot but do with a most profound *Respect*. And, *Madam*, you have often encouraged me to tell you, that these *Endowments* will ever more import and help you than any *external* or *worldly* ones, wherewith too you are abundantly provided. The *celsitude* of your *Descent*, that enroles your Name in the Catalogue of the *Great*, is secular and transitory, calculated for this *World*; but it is your *Grace* and *Vertue* that writes it in the *Book of Life*. *Beauty* is fading, *Granduer* is fugitive, the *Wreaths* of civil *Honour* are withering; but your *Godliness* is a *Crown* that shall not fade away, gloriously set off with a *diffusive Charity*, a great *Humility*, and an *exemplary Devotion*; to the improvement of which your *HIGHNESS* hath made me proud to say, that these *Devotionals* have not a little contributed. As to the *Meditation* subsequent to them, they were written by a *Reverend Parson* of this *Church*, a true lover of *Souls*, (as some eminent Persons about this *Court* have abundantly experienc'd) and you have professed your self delighted with them,

*The Epistle Dedicatory*

and benefited by them. God Almighty make them all effectual to the furtherance of your *spiritual good*, and eternal *blessedness*. And may that good God still multiply upon you his *Blessings*, may your Soul be still precious in his sight, as the apple of his Eye, as the Signet upon his right Hand! May he preserve you steadfast and unmoveable, always abounding in the work of the Lord, in the Constant Exercises of your Holy Religion (wherein you have been happily Educated) amidst all the gaudy diversions of this vain and transitory World, which is the no less hearty than dutiful Prayer of,

*Madam,*

*Your Highnesses most Humble;*

*most Devoted, and most Faithful,*

*Servant and Chaplain,*

*St. James's.*

*June 3.*

*1677.*

*E. Lake.*

---

---

T O T H E  
R E A D E R.

Good Reader,

**T** *His little Manual of Directions and Prayers for the Holy Communion first designed for a private use, now shews it self in Publick, on presumption it may help thee in thy Closet Retirements towards a Pious Preparation thereto, and a worthy Reception thereof.*

*I will not be tedious in Prefacing it; only I cannot say it is mine, but a Collection; and recommends it self unto thee cloathed in the Language not of any private Conception (of such the World is already full enough) but of Primitive Liturgies; of that of our Holy Church, and some of the most Devout Fathers of it, Bishop Andrews, Bishop Cosins, and that Great and Good Man Archbishop LAUD, who liv'd a Patron of it, and died a Martyr for it,*

## To the Reader.

*The Collector is not curious or solicitous to think, how it may go down with a sort of People, whose unweildy zeal hath transported them under a pretence of spueing out Popery, to disrelish and traduce any thing that is Primitive: But, the Sober and Devout Christian, who lives in the Communion of this Church, He is secure of. And that it may further thee in the Attainment of our Common Salvation, is his sincere and hearty desire; in return to which, he begs thee nothing, but to recommend him now and then in these thy Private Addresses to the Throne of Grace.*

---

A Pre-

# Preparatory Office

FOR THE

## *Holy Communion.*

**T**HE nearest and most solemn Intimacy and *Communion* we have with God in this World, is exhibited to us in the Blessed *Eucharist*; that is to say, the *Sacrament of the Lord's Supper*, wherein (according to our Church Catechism) the *Body and Blood of Christ* are verily and indeed taken and receiv'd by the Faithful; and hence it is called by *St. Paul*, 1 Cor. x. 16. the *Communion of his Body*, and the *Communion of his Blood*; so that by a due and worthy participation hereof, we are really Incorporated into Christ, we dwell in Christ, and Christ in us; we are made one with Christ, and Christ with us: In regard of which invaluable Privilege, as well as the great dangers which threaten unworthy Addressees thereunto, now especially we should enter into, and heed our selves, being careful to perform all *Devotional Acts of Worship and Piety*, which may conduce to a good acceptable Celebration of so Divine a Mystery: *Saint Paul* hath comprehended them all under this One Word and Duty of *Examination*, 1 Cor. x. 28. which includes more than we can readily conceive: I shall

## A Preparatory Office

not insist upon those Graces of *Faith, Repentance* and *Charity*, about which it should be chiefly conversant ; but do immediately proceed to those *Preparatory Acts of Devotion*, which should be exercised in order to a due Reception of this Blessed Sacrament.

**I** Begin then, as you should in this, and in all other Duties of Religion, *IN THE NAME OF GOD*, And Exhort, that having received notice from God's Priest, of a Communion to be celebrated *the next Sunday*, you forthwith set your self to this great Work, of fitting your self for a right participation thereof. Whatever you do, let *this* be ever and anon uppermost in your thoughts that *whole Week*, reflecting on your spiritual Estate, and especially on *that time*, which God hath lent you from your *last Reception*; what Graces you have improv'd, what Duties omitted, what Sins committed, out of a hearty resentment of which, breath forth sometimes these, or the like pious Ejaculations.

**I** Have sinned ; what shall I do unto thee, O thou *Preserver of Man* ! Lord, I am not worthy to come under thy roof ; but speak the word only, and thy Servant shall be healed.

*Adding these two Collects to your private Devotions,  
both Morning and Evening that whole Week.*

**A** Lmighty God, who of thy tender mercy didst give thine only Son *Jesus Christ* to suffer death upon the Cross for our redemption, and did institute, and in thy holy Gospel command us to continue a perpetual memory of that

that his precious death, until his coming again: Hear me, most merciful Saviour, I most humbly beseech thee, and make my *groanings*, my *desires* after this *Holy Sacrament*, answerable to my need of it. But, O Lord, how shall such a wretch as I dare to approach thy *Holy Table*? How shall I presume to take the *Childrens bread*, who am as a vile dog in thy sight? I have often *trampled* those precious things *under foot*, either carelessly neglecting or *unworthily receiving* those *Holy Mysteries*: O Lord, my horrible guiltiness makes me tremble to come, and yet makes me not dare to stay away; for, where shall this polluted Soul be wash'd, but in this fountain opened for sin, and for uncleanness? Hither then I come; and thou hast promised, that him that cometh to thee, *thou wilt in no wise cast out*. Grant me therefore, Gracious Lord, *so to eat the flesh of thy dear Son Jesus Christ, and to drink his Blood*, that my *sinful body* may be made clean by his *body*, and my *soul* washed through his most precious blood. Amen.

**I** Will not presume to come to thy *Table*, O merciful Lord, trusting in mine own righteousness, but in thy manifold and great mercies declar'd unto mankind in our Lord Jesus Christ; for whose sake, give me, I pray thee, such a *preparation of soul*, as may qualifie me  
for

for a worthy approach thereunto: To this end, make me heartily sensible of my sins and unworthiness; raise up my dull and earthly mind from groveling here below, and inspire it with a holy zeal to seek those things that are above: Let that infinite love of Christ in dying for so wretched a sinner, inflame my soul, and kindle in me that sacred fire of love to him again, and to all those whom he hath given me command and example to love, *Enemies* as well as *Friends*, and that for his sake: Cloath me, O Lord, in the *wedding garment*; and make me, tho' of my self a most unworthy, yet by thy mercy, an acceptable guest at thy *table*, that I may not eat or drink my own Damnation, but Salvation, through Jesus Christ our Lord. *Amen.*

Having recommended your self unto God, with these, or the like Collects, in your *private Retirements*: I do earnestly exhort you to frequent the *publick Prayers of the Church*: (nothing but a charitable, or some very urgent occasion can, this Week, or indeed should at any time excuse you;) and to attend them with all possible *Devotion*: Watch your self now especially, your thoughts, words and actions, that they be not wicked or vain; or if at any time they should, that you forthwith recall and check your self, saying, or thinking, thus.

*Lord have mercy upon me!*

*Christ have mercy upon me!*

*Lord have mercy upon me!*

**I** Said I will take heed to my ways, that I offend not with my tongue. O God, who knowest us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature, we cannot always stand upright; grant to me such strength and protection as may support me in all dangers, and carry me through all temptations; through Jesus Christ our Lord. *Amen.*

*Set apart the Friday of every such Week as a Day of Holy Fasting and Abstinence, rising earlier than usually, if your Health will permit you, at Five of the Clock; and being apparalled and ready, you may retire to your ordinary Morning Prayers.*

I will not presume to confine you to those at the end of this Book, but do suppose you already fixed; however peruse them, and possibly they may suit your Condition, they will undoubtedly your Devotion. Subjoin to them on every such Fasting-day the two Collects for Preparation to the Communion above written, as also the 130 Psalm.

1 **O**UT of the deep have I called unto thee, O Lord; Lord, *hear my voice.*

2 O let thine ears consider well the voice of my complaint.

3 If thou, Lord, wilt be extreme to mark what is done amiss, O Lord, *who may abide it?*

4 For there is mercy with thee, therefore shalt thou be feared.

5 I look for the Lord, my soul doth wait for him; in his Word is my trust.

6 My

6 My soul fleeth unto the Lord before the Morning Watch, *I say, before the Morning Watch.*

7 O *Israel*, trust in the Lord, for with the Lord there is mercy : and with him is plentiful Redemption.

8 And he shall redeem *Israel* from all his sins.

*Glory be the Father, and to the Son, and to the Holy Ghost,*

*As it was in the beginning, is now, and ever shall be, World without end, Amen.*

Arising from Prayer, you must presently set your self to *recollect your life past*, especially since you last received, by that Catalogue of sins, set down at the end of this Book, reading it consideringly over, and at every particular ask your Soul, *Whether you are guilty of that sin?* And commit to writing those sins you discover your self guilty of, with their respective aggravations, viz. If they were committed against knowledge, or on mature deliberation, or against the resistance of Conscience, &c.

I suppose this Duty of Self-Examination most necessary to this great work, dispatched by Nine of the clock, when taking the Paper in your Hand, humbly prostrating your self, say,

THE good Lord pardon every one that prepareth his heart to seek God, the Lord God of his Fathers, though he be not cleansed according to the Purification of the sanctuary.

*Then*

*Then Kneel and Pray, Psal. 6.*

1 **O** Lord, rebuke me not in thine indignation, neither chasten me in thy displeasure.

2 Have mercy upon me, O Lord, for I am weak; O Lord, heal me for my bones are vexed.

3 My soul also is sore troubled; but, Lord, how long wilt thou punish me?

4 Turn thee, O Lord, and deliver my soul; O save me for thy mercies sake.

5 For in death no Man remembreth thee, and who will give thee thanks in the pit?

6 I am weary of my groaning; every night wash I my Bed, and water my couch with my tears.

7 My beauty is gone for very trouble, and worn away because of all mine enemies.

8 Away from me, all ye that work vanity, for the Lord hath heard the voice of my weeping.

9 The Lord hath heard my petition; the Lord will receive my prayer.

10 All mine enemies shall be confounded and sore vexed; they shall be turned back, and put to shame suddenly.

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, World without end, Amen.*

O God,

**O** God, to whom Vengeance belongeth, shew thy self, but let it be in pitty and compassion to thy wretched and unworthy servant, who in all humility confess my self a wicked and sinful creature. I acknowledge those sins, which if I would, I cannot hide from thee, my sins of *pride and vain-glory, of hatred, and envy, of gluttony and wantonness*; I accuse my self of my wicked *desires and thoughts* which

*\* At these marks  
have recourse to  
those sins noted in  
your Paper.*

I have *conceived, of my wanton and evil words* which I have spoke, *\* of my naughty and ungodly deeds* which I have committed. *\* I acknowledge and bewail these my manifold sins and wickednesses, which I from time to time most grievously have committed by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against me.* I do earnestly repent, and am heartily sorry for these my misdoings; the remembrance of them is grievous unto me; the burden of them is intolerable. Have mercy upon me, have mercy upon me, most merciful Father, for thy Son Jesus Christ's sake, forgive me all that is past; and grant that I may ever hereafter serve and please thee in newness of life, to the honour and glory of thy Name, through Jesus Christ our Lord.

*Amen.*

For

**F**orgive me my sins, O Lord; forgive me the sins of my *Age*, and the sins of my *Youth*; the sins of my *Soul*, and the sins of my *Body*; my *secret*, and my *whispering* sins; my *presumptuous*, and my *crying* sins; the sins that I have done to *please my self*, and the sins that I have done to please others.

Forgive me my *wanton and idle* sins; forgive me my *serious and deliberate* sins; forgive me those sins which I *know*, and those sins which I *know not*; the sins which I have laboured so long to *hide from others*, that now I have even *hid them from my own memory*: forgive me them, O Lord, forgive them all; of thy great mercy let me be *absolved* from all my offences, and of thy bountiful goodness, let me be delivered from the bands of those sins, which, by my frailty, I have committed. Grant this, O Heavenly Father, for Jesus Christ his sake, our blessed Lord and Saviour. *Amen.*

Adding this short Litany, and the following Prayers, which, on any other *Friday*, or *Fasting-day*, may be of use to you, omitting only the Prayer for Preparation to the Sacrament.

**O** God, the Father of heaven, have mercy upon me a most miserable sinner!

O God the Son, Redeemer of the world, have mercy upon me a most miserable sinner!

O God the Holy Ghost, proceeding from  
the

the Father, and the Son, have mercy upon me a most miserable sinner!

O Holy, Blessed, and Glorious Trinity, three Persons and one God, have mercy upon me a most miserable sinner!

Remember not, Lord, my offences, nor the offences of my Forefathers, neither take thou vengeance of my sins: Spare me, good Lord, spare thy servant, whom thou hast redeem'd with thy most precious blood, and be not angry with me for ever, *Spare me, good Lord!*

From all evil and mischief, from sin, from the crafts and assaults of the Devil, from thy wrath, and from everlasting damnation,

*Good Lord deliver me!*

From all blindness of heart, from pride, vain-glory and hypocrisie; from envy, hatred, and malice, and from all uncharitableness,

*Good Lord deliver me!*

From fornication, and all other deadly sins, and from all the deceits of the world, the flesh, and the devil,

*Good Lord deliver me!*

From, &c. [ Here repeat those Sins of which you have found your self Guilty, and noted in your Paper.

*Good Lord deliver me!*

From

*for the Holy Communion.*

· I ·

From hardness of heart, from contempt of  
thy word and commandments, from any evil  
thought which may assault and hurt my soul,

*Good Lord deliver me !*

From all adversities that may happen to  
the body, from noisom and infectious disea-  
ses, and from sudden death,

*Good Lord deliver me !*

By thy agony and bloody Sweat, by thy  
cross and passion, by thy precious death and  
burial, and by thy victorious ascension into  
Hell,

*Good Lord deliver me !*

By thy glorious resurrection and ascension,  
and by the wonderful coming of the Holy  
Ghost,

*Good Lord deliver me !*

In all time of my tribulation, in all time  
of my wealth, in the hour of death, and in  
the day of Judgment,

*Good Lord deliver me !*

I who am a most miserable sinner, do be-  
seech thee to hear me, O Lord God ; to keep  
and strengthen me in the true worshipping of  
thee ; and to give me grace to serve thee in  
righteousness and holiness all the days of my  
life,

*I beseech thee to hear me, good Lord !*

That

That it may please thee to rule my heart  
in thy faith, fear, and love, and that I may  
evermore have affiance in thee, and ever seek  
thy honour and glory,

*I beseech thee to hear me, good Lord!*

That it may please thee to be my defender  
and keeper; giving me the victory over the  
world, the flesh, and the devil,

*I beseech thee to hear me, good Lord!*

That it may please thee to endue my soul  
with grace, wisdom, and understanding,

*I beseech thee to hear me, good Lord;*

That it may please thee to give me an  
heart to love and dread thee, and diligently  
to live after thy commandments,

*I beseech thee to hear me, good Lord!*

That it may please thee to give me in-  
crease of grace, to hear meekly thy word, and  
to receive it with pure affection, and to  
bring forth the fruits of the spirits,

*I beseech thee to hear me, good Lord!*

That it may please thee to strengthen me  
when I stand, to comfort and help me when I  
am weak hearted; to raise me up when I fall;  
and

for the Holy Communion. 13  
and finally to beat down Satan under my  
feet,

*I beseech thee to hear me, good Lord!*

That it may please thee to succour, help,  
and comfort me, when I am in danger, ne-  
cessity, and tribulation,

*I beseech thee to hear me, good Lord!*

That it may please thee to give me, as at all  
times, so now especially, due preparation of  
mind, that I may worthily participate this  
holy Sacrament,

*I beseech thee to hear me, good Lord!*

To this end may it please thee to forgive  
mine enemies, persecutors, and slanderers,  
and to turn their hearts,

*I beseech thee to hear me, good Lord!*

That it may please thee to give me true  
repentance; to forgive me all my sins, negli-  
gences and ignorances, to endue me with a  
lively and a stedfast faith, and a sincere reso-  
lution, to amend my life according to thy ho-  
ly word, *I beseech thee to hear me, good Lord!*

O Son of God, I beseech thee to hear me.  
O Lamb of God, that takest away the sins  
of the World. Grant me thy Peace.

O

O Lamb of God, that takest away the sins of  
the World, *Have mercy upon me.*

O Christ hear me.

Lord have mercy upon me!

Christ have mercy upon me!

Lord have mercy upon me!

*Our Father, &c,*

*Deliver us from evil, Amen.*

O Lord, deal not with me after my sins.

*Neither reward me after mine iniquities.*

PSALM 51.

**H**Ave mercy upon me, O God, after thy  
great goodness; according to the mul-  
titude of thy mercies do away mine offences.

2 Wash me thoroughly from my wicked-  
ness, and cleanse me from my sin.

3 For I acknowledge my faults, and my  
sin is ever before me.

4 Against thee only have I sinned, and  
done this evil in thy sight, that thou might-  
est be justified in thy saying, and clear when  
thou art judged.

5 Behold I was shapen in wickedness, and  
in sin hath my Mother conceived me.

6 But lo, thou requirest truth in the in-  
ward parts, and shalt make me to understand  
wisdom secretly.

7 Thou shalt purge me with Hyssop, and I  
shall

*for the Holy Communion.*

15

shall be clean; thou shalt wash me, and I shall be whiter than Snow.

8 Thou shalt make me hear of Joy and gladness, that the bones which thou hast broken may rejoice.

9 Turn thy face from my sins, and put out all my misdeeds.

10 Make me a clean heart, O God, and renew a right spirit within me.

11 Cast me not away from thy presence, and take not thy Holy Spirit from me.

12 O give me the comfort of thy help again, and establish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee.

14 Deliver me from blood guiltiness, O God, thou that art the God of my health: and my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O Lord, and my mouth shall shew forth thy praise.

16 For thou desirest no sacrifice, else would I give it thee; but thou delightest not in burnt-offerings.

17 The sacrifice of God is a troubled spirit: a broken and contrite heart, O God, shalt thou not despise.

18 O be favourable and gracious unto Zion: build thou the walls of Jerusalem.

19 Thou

19 Then shalt thou be pleased with the sacrifice of righteousness, with the burnt offerings and obligations; then shall they offer young bullocks upon thine altar.

*Glory be to the Father, &c.*

**O** Lord, I beseech thee mercifully to hear me; and spare me, and all those who do confess their sins unto thee, that they whose consciencies by sin are accused, by thy merciful pardon may be absolved, through Jesus Christ our Lord. *Amen.*

**O** Most mighty God, and merciful Father, who hast compassion upon all men, and hatest nothing that thou hast made, who wouldest not the death of a sinner, but rather that he should turn from his sin and be saved: mercifully forgive me my trespasses, receive and comfort me who am grieved and wearied with the burden of my sins: thy property is always to have mercy, and to thee only it appertaineth to forgive sins: spare me therefore, good Lord, spare me, spare thy servant whom thou hast redeem'd; enter not into Judgment with thy servant, who am vile earth, and a miserable sinner; but so turn thine anger from me, who meekly acknowledge my vileness, and truly repent me of my faults, and so make hast to help me in this World, that I may  
ever

ever live with thee in the world to come ;  
through Jesus Christ our Lord. *Amen.*

**T**URN thou me, O good Lord, and so I shall  
be turned ; be favourable, O Lord, be fa-  
vourable to thy servant, who turns to thee in  
*weeping, fasting, and praying* : For thou art a  
merciful God, full of Compassion, long-suffer-  
ing, and of great pity : Thou sparest when we  
deserve punishment, and in thy wrath thinkest  
upon mercy : Spare thy Servant, good Lord,  
spare me, and let me not be brought to confu-  
sion : Hear me, O Lord, for thy mercy is great,  
and after the multitude of thy mercies, look  
upon me, thro' the merits and mediation of  
thy blessed Son Jesus Christ our Lord. *Amen.*

**T**He Lord blefs me, and keep me, and  
the Lord lift up the light of his coun-  
tenance upon me, and give me peace now,  
and for evermore. *Amen.*

The time following to *Eleven* of the Clock, you may  
bestow in *dressing* and sitting your self for the *publick*  
*Prayers of the CHURCH*, which then you must by  
no means fail to be *present at*. In the mean time, let no  
sinful thoughts possess your Soul, no vain or idle Com-  
munication proceed out of your mouth, but such as  
may tend to edifying. Examine, exhort, encourage  
your Servants, or those about you, whom you have  
commanded, or who purpose to receive this blessed  
Sacrament with you ; and be careful to avoid the Con-

versation of those who may probably tempt you to sin and vanity.

Returning from Church or Chappel, about *Twelve of the Clock*, humble your self again before God, and pray,

**O** Ur Father which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily bread: And forgive us our Trespases, as we forgive them that Trespase against us: And lead us not into Temptation, but deliver us from Evil. Amen.

Then the xxxii Psalm. *Still upon your Knees.*

**B**lessed is he whose unrighteousness is forgiven, and whose sins are covered.

2 Blessed is the man, unto whom the Lord imputeth no sin, and in whose Spirit there is no guile.

3 For while I held my tongue, my bones consumed away through my daily complaining.

4 For thy hand is heavy upon me day and night, and my moisture is like the drought in summer.

5 I will acknowledge my sin unto thee, and mine unrighteousness have I not hid.

6 I said, I will confess my sin unto thee, Lord, and so thou forgavest the wickedness of my sin.

7 For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found; but in the great waters-floods they shall not come nigh him.

8 Thou art a place to hide me in, thou shalt preserve me from trouble, and compass me about with Songs of deliverance.

9 I will inform thee, and teach thee in the way wherein thou shalt go, and I will guide thee with mine eyes.

10 Be ye not like to horse or mule, which have no understanding, whose mouths must be held with bit and bridle, lest they fall upon thee.

11 Great plagues remain for the ungodly, but whoso putteth his trust in the Lord, mercy embraceth him on every side.

12 Be glad, O ye righteous, and rejoice in the Lord, and be joyfull all ye that are true of heart.

*Glory be to the Father, &c.*

**A**lmighty and everlasting God, who hatest nothing that thou hast made; and dost forgive the sins of all them that are penitent; create and make in me a new and contrite heart, that I worthily lamenting my sins, and acknowledging my wretchedness, may obtain of thee the God of all mercy, perfect remission and forgiveness, through Jesus Christ our Lord. *Amen.*

**A** Almighty and most merciful Father, who for my many and grievous sins committed against thee, and especially since the *last solemn time of my humiliation and repentance*, mightest most justly have cut me off in the midst of my days; but in the multitude of thy mercies hast hitherto spared me: Accept, I most heartily beseech thee, my unfeigned sorrow for all my former transgressions; and grant, that I may never so presume of thy mercy as to despise the richness of thy goodness, but that thy forbearance and long-suffering may lead me to repentance, and amendment of my sinful life, to thy honour and glory, and my final acquittance and absolution at the last day, through Jesus Christ our Lord. *Amen.*

*O Lord, make clean my heart within me:*

*And take not thy Holy Spirit from me.*

**I**N the Name of God, the Father, the Son, and the Holy Ghost.

**I** Who am a wretched sinner here personally appearing, and \* *prostrate* unto the Majesty of the Great and dreadful God, and in the presence of his holy Angels; having in remembrance the exceeding mercies of his great goodness towards me, as in manifold instances so especially in this, that in the day of my christening, I was so happily and holily  
vowed

vowed and dedicated unto God, to be his child, and to live in his continual service, and that contrary to the profession which was then made in my name, I have so many and sundry times so grievously violated my vows, and profaned my sacred promises, and employ'd my soul to the service of the world, the flesh, and the devil. At length recalling my self, and with all lowliness and devotion, casting my soul and body prostrate before the dreadful throne of his justice, do acknowledge, confess, and yield my self a miserable wretched sinner, guilty of that death and passion which Christ once suffer'd for me upon the tormenting cross: But turning my self to the throne of his infinite mercy: And with all my might and force, from the very depth of my heart detesting the iniquities of my fore-passed life, I most humbly beg and crave pardon for the same, with an entire absolution from all my sins, even for the precious death and passion sake of my Lord and Saviour, unto whom I promise and confirm again, I do avow and solemnly renew the sacred profession and loyal service, and fidelity, which was made in my behalf unto him at my holy baptism, renouncing unfeignedly the vanities of this wicked world, the lusts of the flesh, and the suggestions of the devil, and converting my self to my most gracious and merciful God; I desire, deliberate, purpose, and fully resolve to honour

nour him, serve him, and obey him for ever hereafter: *giving and dedicating* to him for this end, the *faculties of my soul*, and the *members of my body*, to be his faithful, loyal and obedient subjects and servants for ever; without *unsaying, revoking, or repenting* me of this my *holy and sacred promise*, or any part thereof. And I most humbly beseech Almighty God, the Father, the Son, and the Holy Ghost, to *confirm me in this constant resolution* of abandoning these my sins: and living an holy life, and to accept of this my broken and contrite heart, which he hath promised not to despise; entirely desiring his fatherly goodness, that as he hath given me a *will and desire to purpose*, so he would give me *strength and grace* to perform all holy actions, through Jesus Christ our Lord.

**L**ord, I pray thee, that thy grace may always prevent and follow me, and make me continually to be given to all good works, through Jesus Christ our Lord. *Amen.*

**L**ord, I beseech thee, grant thy servant grace to withstand the temptations of the world, the flesh, and the devil; and with a pure heart, and a mind to follow thee the only true God, through Jesus Christ our Lord. *Amen.*

**O** God, whose nature and property is ever to have Mercy, and to forgive, receive my humble petitions, and though I be tied  
and

and bound with the chain of my sins, yet let the pittifulness of thy great mercy loose me, for the honour of Jesus Christ our Mediator and Advocate. *Amen.*

O Saviour of the world, save me! who by thy Cross and Passion hast redeemed me! help me, and save me, I beseech thee, O God.

**T**O the King eternal, immortal, invisible, and only wise God, who is the ever blessed and adorable Trinity, be all Honour and Glory now and for ever. *Amen.*

Having thus ended your *Mid-day Devotions*, review your *Catalogue of sins*: Fix on *that sin* you find your self chiefly addicted to, labour for a Godly sorrow, and relentings of heart on the sight of it; resolve against all future preparations of it, carefully using all *Remedies* which may tend to suppress it: To which purpose examine yourself concerning those *Occasions and Inducements* which did lead you to it, and provide as well as you can against them, noting in your *Book* those *Occasions and Remedies* which *Scripture, Reason, or Experience* may prompt you to. *As for Example.*

Suppose your self guilty of *Irreverence*, or want of Devotion in the service of God, write down what doth commonly induce you to it, what *Remedies* are most proper to the cure of it. Thus,

In the Year 1685, *April 17. being Good-Friday* (or be it any other day) *I fasted*, being to receive the Communion the following Sunday; and in the exercise of this holy duty, on *Examination*, I found my self much guilty of *Irreverence* in the Worship of God, and discovered these temptations to it.

1. Too much addicting my self to a childish and light Deportment at all times, and therefore can hardly remit of it when I come into God's presence.

2. Listening too much to the *vain* Discourses, and observing the *imperinent* Actions of others.

3. *Want of Consideration* in whose Presence I am; to wit, of the great Majesty of Heaven; of that God, who, if I do not repent, will strictly call me to an account for these, and all other my sins, &c.

From which Occasions you may perceive what Remedies to use against it; as,

1. To labour for a grave and *modest carriage of myself* at all times, considering my Age, Quality, Degree, &c.

2. To *avoid vain and light Persons*, or if that may not be done, *not to heed them*, or seriously to rebuke them.

3. To entertain all *awful and dreadful Apprehensions* of the great God, who seeth what I do, and how I comport my self: As also of the *holy Angels*, who may truly enough be believed, from the intimations of the Apostles, St. John, Rev. viii. and St. Paul, 1. Cor. xi. 10. *to be present at holy Mysteries*.

4. To these may be added *lifting up my eyes to Heaven*, or *fixing them on the Priest*; and *letting them loose on whatever objects may represent themselves*.

These I then Resolved to consider, and practice; and will therefore frequently read them over.

**E**VEN so, Amen: Lord, let thy grace be sufficient for me! *Lead me not into Temptation; but deliver me from evil.* Amen.

Then

Then kneeling down pray for Devotion, or for any other Grace, the contrary sin whereof you have now found your self guilty of, and resolved against. You will find *Prayers* to this purpose at the latter end of this Book. As for Devotion, thus;

**M**ost great God, who hast not only permitted, but invited us needy and miserable creatures to present our petitions to thee: Oh! let me set a true value on this most inestimable privilege. I come unto thee, O Lord, as a worm to my sovereign maker. I come as an heinous Offender to a just and severe Judge: Let, I pray thee, my addresses in thine house be with a reverence some way answerable to thy awful Majesty; give me an hearty desire to pray, and such a pure intention and fixedness of mind upon thee, that I may no more incur the guilt of drawing nigh unto thee with my lips, when my heart is far from thee; but may so ask, that I may receive; seek, that I may find; knock, that it may be opened unto me; that so from praying to thee here, I may be translated to the praising thee eternally in thy glory hereafter, through Jesus Christ our Lord. Amen.

This exercise being finished about Three of the Clock, the time appointed for the Evening Service; at your return from the Church or Chapple, if you have not fully satisfied your own Conscience, but require farther Comfort or Counsel, you are to go to some Discreet and Learned Minister of God's word, (especially to him under whose Ministry God hath placed you, not being curious or censorious in your choice as to this parti-

cular) and open your Griefs by Confession, that so you may receive the benefit of Absolution, together with Ghostly Counsel and Advice to the quieting of your Conscience, and the avoiding of all Scruple and Doubtfulness.

This being done (as it ought to be) with submission and sobriety, you may with Comfort retire into your Closet, and upon your knees, say,

**O** Ur Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that Trespase against us: And lead us not into Temptation, but deliver us from evil. Amen.

**A** Lmighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid; cleanse the thoughts of my heart by the inspiration of thy Holy Spirit, that I may perfectly love thee, and worthily magnifie thy Holy Name, through Christ our Lord. Amen.

Then read, upon your knees, the Ten Commandments, as they are set down in our Communion Service.

**G**OD spake these words, and said, I am the Lord thy God, Thou shalt have none other Gods but me.

Lord have mercy upon me, and incline my heart to keep this Law.

*Thou*

Thou shalt not make to thy self any graven Image, nor the likeness of any thing that is in Heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them nor worship them, for I the Lord thy God am a jealous God, and visit the sins of the Fathers upon the Children, unto the third and fourth generation of them that hate me, and shew mercy unto thousands, in them that love me, and keep my Commandments.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou shalt not take the name of the Lord thy God in vain, for the Lord will not hold him guiltless that taketh his name in vain.

Lord have mercy upon me, and incline my heart to keep this Law.

Remember that thou keep holy the Sabbath-day. Six days shalt thou labour, and do all that thou hast to do, but the seventh day is the Sabbath of the Lord thy God. In it thou shalt do no manner of work, thou, and thy son, and thy daughter, thy Man servant, and thy Maid servant, thy cattel, and the stranger that is within thy gates. For in six days the Lord made Heaven and Earth, the sea, and all that in them is, and rested the seventh day: Wherefore the Lord blessed the seventh day, and hallowed it.

Lord have mercy upon me, and incline my heart to keep this Law.

Honour thy Father and thy Mother; that thy  
days

days may be long in the land which the Lord thy God giveth thee.

Lord have mercy upon me, and incline my heart to keep this Law.

*Thou shalt do no Murther.*

Lord have mercy upon me, and incline my heart to keep this Law.

*Thou shalt not commit Adultery.*

Lord have mercy upon me, and incline my heart to keep this Law.

*Thou shalt not Steal.*

Lord have mercy upon me, and incline my heart to keep this Law.

*Thou shalt not bear false witness against thy Neighbour.*

Lord have mercy upon me, and incline my heart to keep this Law.

*Thou shalt not covet thy Neighbours house, thou shalt not covet thy Neighbours wife; nor his servant, nor his maid, nor his ox, nor his ass, nor any thing that is his.*

Lord have mercy upon me, and write all these thy Laws in my heart, I beseech thee.

**O** Almighty Lord, and everlasting God, vouch safe, I beseech thee, to direct, sanctifie, and govern, both by my soul and body in the ways of thy laws, and in the works of thy Commandments; that through thy most mighty

mighty protection, both here and ever, I may be preserved both in body and soul, through our Lord and Saviour Jesus Christ. *Amen.*

Then stand up, and heartily repeat your Creed.

**I** Believe in God the Father Almighty, Maker of heaven and earth; and in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried, he descended into hell, the third day he arose again from the dead, he ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the Holy Catholick Church, the Communion of Saints, the Forgiveness of sins, the Resurrection of the Body, and the Life everlasting. *Amen.*

After which kneel again, and pray;

**A** Almighty, and everlasting God, heavenly Father, I give thee humble thanks, that thou hast vouchsafed to bring me to the knowledge of this faith in thee, and do beseech thee, that thou wouldst keep me steadfast in the Faith, and evermore defend me from all adversities, who livest and reignest one God, world without end. *Amen.*

Lord

*Lord have mercy upon me!*

*Christ have mercy upon me!*

*Lord have mercy upon me!*

P S A L M 38.

**P**Ut me not to rebuke, O Lord, in thine anger, neither chasten me in thy heavy displeasure.

2 For thine arrows stick fast in me, and thy hand presseth me sore.

3 There is no health in my flesh, because of thy displeasure, neither is there any rest in my bones by reason of my sin.

4 For my wickednesses are gone over my head, and are like a sore bur then too heavy for me to bear.

5 My wounds stink, and are corrupt, through my foolishness.

6 I am brought into so great trouble and misery, that I go mourning all the daylong.

7 For my loins are filled with a sore disease, and there is no whole part in my body.

8 I am feeble, and sore smitten; I have roared for the very disquietness of my heart.

9 Lord, thou knowest all my desire, and my groaning is not hid from thee.

10 My heart panteth, my strength hath failed me, and the sight of my eyes is gone from me.

11 My

11 My lovers and my neighbours did stand looking upon my troubles, and my kinsmen stood afar off.

12 They also that sought after my life, laid snares for me; and they that went about to do me evil, talked of wickedness, and imagined deceit all the day long.

13 As for me, I am like a deaf man, and heard not; and as one that is dumb, who doth not open his mouth.

14 I became even as a man that heareth not, and in whose mouth are no reproofs.

15 For in thee, O Lord, have I put my trust; thou shalt answer for me, O Lord my God.

16 I required that they, even mine Enemies, should not triumph over me; for when my foot slipped, they rejoiced greatly against me.

17 And truly I am set in the plague, and my heaviness is ever in my sight.

18 For I will confess my wickedness, and be sorry for my sin.

19 But mine Enemies live, and are mighty; and they that hate me wrongfully are many in number.

20 They also that reward evil for good are against me, because I follow the thing that is good.

21 Forsake me not, O Lord my God; be not thou far from me.

22 Haste thee to help me, O Lord God of my salvation.

*Glory*

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be, world without end. Amen.

**O** Christ hear me! and remember now that hour, in which thou didst once commend thy blessed Spirit into the hands of thy heavenly Father, when, with a torn body, and a broken heart, thou didst shew forth the bowels of thy mercy, and die for us. I beseech thee, O thou brightness, and Image of God, assist me in this thy most precious death, that being dead unto the world, I may live only unto thee, and at the last hour of my departure from this mortal life I may commend my soul into thy hands, and thou mayst receive me into life immortal, there to reign with thee for ever and ever. Amen.

**G**rant me, in the mean time, gracious Lord, a pure intention of heart, and a stedfast resolution to despise all vanity, to fight the battles of the Lord manfully against the world, the flesh, and the devil, to spend my time religiously and usefully, to speak gracious words, to walk always as in thy presence, to preserve my soul and body in holiness fit for the habitation of the Spirit of God. Amen.

**M**Y Lord and my God; give me, I beseech thee, a wise, a sober, a patient, an under-

understanding, a devout, a religious, a courageous heart; chaste and temperate reins and thoughts; a soul full of devotion to do thee service; and do thou make my services acceptable to thee while I live, and my soul ready for thee when I die. *Amen.*

○ Lord, increase in me faith and devotion, replenish my heart with all goodncis, and of thy great mercy keep me in the same: give me true humility in prosperity, patience in adversity, and continual joy in the Holy Ghost.

*Amen.*

○ Lord, give me spiritual wisdom, that I may discern what is pleasing to thee, and follow what belongs unto my peace; and let the knowledge and peace of God, and of Jesus Christ our Lord, be my Guide, and my portion, all the days of my life: *Amen.*

○ Lord, make me humble to my superiors, and friendly to my equals; thankful to my benefactors, loving to my relations, and charitable to my enemies; to be gentle and easily intreated, slow to anger, and readily admonished; fully prepared, and thoroughly furnished for every good word and work. *Amen.*

○ Lord, give me a peaceable spirit, and a quiet life, free from debt and deadly sin; give me grace to abstain from all appearance of evil

evil, and to do nothing but what is of good report; to Confess Christ and his holy Religion by an holy and obedient life, and a mind ready to die for him when he shall call for me. And then, O Lord, assist me! *Amen.*

**O** Lord Jesus! I give thee my body, my soul, my substance, my fame, my friends, my liberty and my life: Dispose of me, and of all that is mine, as it seemeth best to thee, and to the glory of thy Name. *Amen.*

**I** Am not now *mine*, but *thine*; therefore claim me as thy right, keep me as thy charge, and love me as thy child: Fight for me when I am assaulted, heal me when I am wounded, and revive me when I am destroyed. *Amen.*

**O** God, from whom all good things do come, grant to me thy humble servant, that by thy holy inspiration I may think those things that are good, and by thy merciful guidance may perform the same, through Jesus Christ our Lord. *Amen.*

**G**ive me modesty in my countenance, gravity in my behaviour, deliberateness in my speech, and righteousness in all my actions: Let thy mercy cleanse me from my sins, and let thy grace bring forth in me the fruits of everlasting life. *Amen.*

**O** God, who knowest us to be set in the midst of so many and great dangers, that by reason of the weakness of our nature we cannot always stand upright ; Look, I beseech thee, on my Frailties and Infirmities, and grant me such health of body, that both in my soul and body, I may evermore serve thee with all my strength and might, thro' Jesus Christ our Lord. *Amen.*

**A**ssist me mercifully, O Lord, in these, and all my supplications and prayers ; and dispose the way of thy servant towards the attainment of everlasting salvation ; that among all the changes and chances of this mortal life, I may ever be defended by thy most gracious and ready help, through Jesus Christ our Lord. *Amen.*

**G**OD the Father bless me ! God the Son defend me ! God the Holy Ghost preserve me ! God the holy Trinity be with me, now and for ever more.

After this *apply* your self to read some choice portion of Scripture, particularly, the *History* of our Saviour's Passion, as in the *Gospels for the holy Week*. Read with as much affection and heartiness, as is possible ; all along reflecting on his *Innocency*, and *your self*, as one of those guilty Wretches, for whom he suffered all this.

And

*And think thus of your self.*

**I** Have occasion'd more torment to him, than his very Crucifiers. They crucifi'd him once, but I have, as much as in me lay, crucified him daily: they crucified him because they knew him not; but I have known him, and yet have still continued thus to crucifie him afresh.

These Meditations, as they should work in us a great Sorrow for our sins past, and a great Hatred, and a firm Resolution against them for the time to come: so likewise should they quicken and stir up our Faith in, our Love of, and our Thankfulness unto Christ, for his so great Mercy in redeeming us by so dear a price.

Nor must your Prayers end here; they are not compleat without Intercessions, nor acceptable without Charity, which is a main requisite to a worthy Communicant.

At six of the Clock therefore betake your self again to Prayer for all Men; for Christ's holy Catholick Church; and for all, who either by relations acquaintance, or more particular desire, may claim a share in your Prayers.

**OUR** Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done on Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the power, and the glory, for ever and ever. Amen.

PSALM

P S A L M 102

**H**ear my Prayer, O Lord, and let my cry come unto thee.

2 Hide not thy Face from me in the time of my trouble; incline thine ears unto me, when I call; O hear me, and that right soon.

3 For my days are consumed away like smোক, and my bones are burnt up as it were a fire-brand.

4 My heart is smitten down, and withered like grass, so that I forgot to eat my bread.

5 For the voice of my groaning, my bones will scarce cleave to my Flesh.

6 I am become like a Pelican in the Wilderness, and like an owl that is in the desert.

7 I have watched, and am even as it were a sparrow that sitteth alone upon the house top.

8 Mine enemies revile me all the day long; and they that are mad upon me, are sworn together against me.

9 For I have eaten ashes as it were bread, and mingled my drink with weeping.

10 And that because of thine indignation and wrath; for thou hast taken me up, and cast me down.

11 My days are gone like a shadow, and I am withered like grass.

12 But thou, O Lord, shalt endure for ever,  
and

and thy Remembrance throughout all generations.

13 Thou shalt arise and have mercy upon *Sion*, for it is time that thou have mercy upon her, yea, the time is come.

14 And why? Thy servants think upon her stones, and it pitieth them to see her in the Dust.

16 The Heathen shall fear thy Name, O Lord, and all the Kings of the Earth thy Majesty.

17 When the Lord shall build up *Sion*, and when his glory shall appear.

18 When he turneth him unto the prayer of the poor destitute, and despiseth not their desire.

19 This shall be written for those that come after; and the People which shall be born, shall praise the Lord.

20 For he hath looked down from his sanctuary; out of heaven did the Lord behold the Earth.

21 That he might hear the mournings of such as are in Captivity, and deliver the Children appointed unto death.

22 That they might declare the name of the Lord in *Sion*, and his worship at *Jerusalem*.

23 When the people are gathered together, and the Kingdoms also to serve the Lord.

23 He brought down my strength in my journey, and shortned my days.

24 But I said, O my God, take me not away in the midst of my age; as for thy years, they endure throughout all generations.

25 Thou, Lord, in the beginning hast laid the foundation of the Earth, and the Heavens are the works of thy hands.

26 They shall perish, but thou shall endure; they shall wax old as doth a garment.

27 And as a vesture shalt thou change them, and they shall be changed; but thou art the same, and thy Years shall not fail.

28 The Children of thy servants shall continue, and their seed shall stand fast in thy sight.

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, world without end. Amen.*

**A**lmighty God, who of thy tender love towards Mankind, hast sent thy Son our Saviour Jesus Christ to take upon him our flesh, and to suffer death upon the Cross, that all Mankind should follow the example of his great humility; mercifully grant, that I may both follow the example of his patience, and also be made partaker of his Resurrection, thro' the same Jesus Christ our Lord. *Amen.*

*Almighty*

**A** Almighty God, I beseech thee graciously to behold thy *family*, for which our Lord Jesus Christ was contented to be betray'd, and given up into the hands of wicked men, and to suffer death upon the cross; who now liveth and reigneth with thee, and the Holy Ghost, ever one God, world without end. *Amen.*

**A** Almighty and everlasting God, by whose Spirit, the *whole body of the Church* is governed and sanctified, receive my supplications and prayers, which I offer before thee for all *estates* of men in thy *holy Church*, that every *member* of the same in his vocation and Ministry may truly and godlily serve thee, thro' our Lord and Saviour Jesus Christ.

**O** Merciful God, who hast *made all men*, and hatest nothing that thou hast made, nor wouldest the death of a sinner, but rather that he should be converted and live; have mercy upon all *Jews, Turks, Infidels, and Hereticks*; and take from them all ignorance, hardness of heart, and contempt of thy word, and so fetch them home, blessed Lord, to thy fold, that they may be saved among the remnant of the true *Israelites*, and be made *one flock*, under *one Shepherd*, Jesus Christ our Lord, who liveth and reigneth with thee, and the Holy Spirit, *One God, World without end. Amen.* Almighty

**A**lmighty God, who hast purchased to thy self an *Universal Church*, by the precious Blood of thy dear Son ; mercifully look on *that part of it in these Kingdoms, so miserably shattered and distressed.* I confess, O Lord, our sins have justly deserv'd that thou shouldest remove thy Candlestick from us, and by some extraordinary judgment, make us a scorn and a by word to the World : But, I beseech thee, reverse those Plagues which we have deserved, and continue those mercies which we have hitherto enjoyed, especially the comfort of thy Gospel, and liberty of thy Truth. Oh ! Let not our Adversaries ever roar in the midst of our Congregations, and set up their Banners as signs of Victory and Conquest over us ; but shield and protect us with thy mercy, that in thy holy Church we may still glorifie thy Name, thro' Jesus Christ our Lord. *Amen.*

**O** God, the unspeakable *Author of the World,* *Creator of Man,* Governor of Empires, and Establisher of all Kingdoms, who out of the loins of our Father *ABRAHAM*, didst chuse a King, that became the Saviour of all Kings and Nations of the Earth : Bless, I beseech thee, thy Servant, and our Dread Sovereign Lady Queen *ANNE*, with the richest Blessings of thy Grace ; and establish her in the Throne of her Kingdom by thy mighty Aid and Protection :

rection: Visit her as thou didst Visit *Moses* in the *bush*, *Joshua* in the *battle*, *Giddeon* in the *field*, and *Samuel* in the *Temple*: Let the dew of thy abundant mercies fall upon her head, and give unto her the blessing of *David* and *Solomon*; Be unto her an *Helmet of Salvation* against the face of her *Enemies*, and a *strong Tower of defence* in the time of *Adversity*. Let her *Reign* be prosperous, and her *days* many: Let peace and love, and holiness, justice and truth, and all *Christian virtues*, flourish in her time: Let her *People* serve her with honour and obedience, and let her so duly serve thee here on *Earth*, that she may hereafter everlastingly serve thee in *Heaven*, through *Jesus Christ* our *Lord*. *Amen.*

**I** Beseech thee, O Lord, save and defend all *Christian Kings, Princes and Governours*; especially thy *Servant ANNE* our *Queen*, that under her we may be godly and quietly govern'd; and grant unto her whole *Council*, and to all that are put in *Authority* under her, that they may truly and indifferently minister *Justice*, to the punishment of *Wickedness and Vice*, and to the maintenance of *true Religion and Vertue*. *Amen.*

**A** Lmighty God, the fountain of all goodness, I humbly beseech thee to bless the Princess *SOPHIA*, and all the *Royal Family*: Endue them with thy Holy Spirit: Enrich them with thy Heavenly Grace: Prosper them with all happiness, and bring them to thine everlasting Kingdom, through Jesus Christ our Lord. *Amen.*

**A** Lmighty God, who alone workest great marvels, give grace to all *Bishops, Priests,* and *Deacons*, especially to those *under whose dispensations I live*: Illuminate them with true knowledge and understanding of thy Word; and grant that by their preaching and living they may set it forth and shew it accordingly, and also rightly and duly administer thy Holy Sacraments: Grant this, for thy Son Jesus Christ his sake. *Amen.*

**O** Thou God of Truth, bring into the way of Truth all such as have erred and are deceived! O thou Father of Comforts, succour, help, and comfort all that are in danger, necessity, and tribulation; preserve all that travel by Land, or by Water; all Women labouring of Child, all sick Persons and young Children; shew thy pittie upon all Prisoners

and Captives; provide for the Fatherless Children and Widows, and all who are desolate and oppressed: Yea, have mercy upon *all Men*, especially those whom thou hast called to the *Knowledge of*, and *Faith* in thy Son Jesus Christ. *Amen.*

**A**lmighty God, the Creator and Preserver of all Men ( who hast commanded me to honour *My Father and my Mother.* ) Grant me of thy goodness and grace so to love and honour *them*, to fear and obey *them*, to help, and to pray for *them*, as thou in thy holy Word hast directed and charged me to do, that both in their lives and deaths their Souls may bless me. Give, I pray thee, to ( *them and* ) all my Relations and Benefactors, deliverance from all dangers both of body and soul; keep them in the stedfastness of thy Faith, and in the obedience of thy Commandments: Bless them, O Lord, and make us all doubly dear to each other both in the Flesh, and in the Lord, and that for our Lord Jesus Christ his sake. *Amen.*

**O** God, from whom every good and perfect gift proceedeth; except my *Praise and Thanksgiving* which I offer unto thee for all thy *Mercies and Benefits* from time to time vouchsafed

safed unto me; for my *Health, Peace, Liber-*  
*ty, Friends,* and all other Blessings of this  
 Life; for *Jesus Christ* the Fountain of all; for  
 his *Conception, Birth, Circumscion;* for his *Bap-*  
*tism, Fasting, Temptation;* for his holy and  
 most *exemplary Life;* for his bitter, cruel,  
 and yet patient and *Meritorious Death,* for  
 his *Victorious Triumphant Descension into*  
*Hell;* for his *Glorious Resurrection and As-*  
*cension;* for the *Coming of the Holy Ghost,* the  
*Eternal Comforter,* upon the *Apostles,* on the  
 day of *Pentecost;* and from that time for the  
 Constitution of a *Catholick and Apostolick*  
*Church,* which is to continue to the end of the  
*World.* And I beseech thee, O Lord, give  
 me that due sense of all thy mercies, that  
 my heart may be unfeignedly thankful;  
 and that I may shew forth thy Praise, not  
 only with my lips, but in my life, by giv-  
 ing up my self unto thy service, and by  
 walking before thee in holiness and Righte-  
 ousness all my days, through *Jesus Christ* our  
 Lord. *Amen.*

Almighty God, who by thy *holy Apostle*  
 hast taught us not only to make Prayers  
 and Supplications, but also to give thanks for  
 all men, I offer up unto the most *high, land*  
 and *bumble thanks* for all thy wonderful *graces*  
 and *vertues* which thou hast declared in *All*

Saints; chiefly in the glorious and  
*St. Luke* most blessed Virgin MARY, the Mo-  
 14. 8. ther of thy Son Jesus Christ; and all  
 others who have departed this Life  
 with the Seal of Faith, and do now rest in the  
 sleep of Peace; such as were the Patriarchs,  
 Prophets, Apostles, Martyrs and Confessors,  
 1 Tim. holy Virgins, pious Matrons, and de-  
 3. 16. vout Widows, who have washed the  
 feet of the Saints; Beseeching thee  
 that we may still continue in their *holy Com-*  
*munion*, and enjoy the comfort thereof while  
 we are on Earth, following with a glad will and  
 mind their *holy Examples* of godly living, and  
 stedfastness in thy Faith; and that at the last  
 day *we with them*, and *they with us*, may attain  
 to the resurrection of the Just, and have our  
 perfect consummation and bliss both in Body  
 and Soul in thy eternal and everlasting Glory,  
 thro' Jesus Christ our Lord, to whom with  
 Thee, and the Holy Ghost, be ascribed by us,  
 as is by *Angels and Arch-angels*, and the *whole*  
*Company of Heaven*, all Honour and Glory,  
 World without end. Amen.

Almighty God, who hast promis'd to hear  
 the Petitions of them that ask in thy Sons  
 Name; I beseech thee mercifully to incline  
 thine ears unto me, now that *in his Name* I  
 have made my Prayers and Supplications unto  
 thee;

thee; and grant that those things which I have faithfully ask'd, according to thy Will, may effectually be obtain'd, to the relief of my necessity, and to the setting forth of thy Glory, through Jesus Christ our Lord. *Amen.*

**T**HE peace of God, which passeth all understanding, the blessing of God Almighty, the Father, the Son, and the Holy Ghost, the virtue of Christ's blessed Cross and Passion, be with me now, at the hour of Death, and in the day of Judgment. *Amen.*

Having thus interceded, and given thanks at *Seven of the Clock*, with chearfulness depart your Closet: Let not your Behaviour be without *Innocent Alacrity*; but let your special care be to comport your self at these your *Fasts*, that they may not (if possible) be taken notice of by any, but your self and God; as being mindful of that command of our Saviour, *S<sup>c</sup>. Matth. vi. 17. 18. Anoint thy head, and wash thy face, that thou appear not unto men to fast.* Be sure then to avoid all *Sullenness*, and *Moroseness*, but give ready and chearful Answers to any that shall demand you.

Thus disposed, you are ready for your *Supper by Seven of the Clock*, whereto, notwithstanding your long *Abstinence*, you must not let loose your Appetite; but eat as sparingly as at other times; remembering that our Church hath appointed this day, as all other *Fridays* in the year, except *Christmas-day*, to be days of *Fasting*, or *Abstinence*.

These few hours from *Supper* to *Bed-time*, you cannot better bestow than in *Reading* or *Walking*, and *Meditation* on the particular Exercises of your *Fast*; examining your self, whether you have as Intent, as

Devout in the performance of 'em as is requisite ? And where you have *failed*, heartily *bewail your self* to God, *resolving* within your self to be *more serious* and *careful* for the time to come. Be frequent and diligent in looking over your *Accomptal*, observing every *Week* since you last *Communicated*, what your *Carriage* hath been : How you have *amended*, especially in those particulars, in which you have formerly taken notice of your *Miscarriages*, and *Vowed Reformation*.

Some time before you retire to your *Evening Prayers*, return to your *Closet*, and let your *Charity* crown your *Devotions*, [ 1 Cor. xv. 2. ] *Setting apart*, and *Devoting* somewhat unto God of what you have to the *Relief* of his wanting *Servants*; distributing it when you see *Occasion* : In the mean time, *Seperate it* from the rest of your *Store*, and ever after look upon it as *Devote*, and not to be *Touched*, except to be *dispersed* to the *Poor* : When you do thus *Consecrate* it to God, use this, or the like *Ejaculation*.

St. Luke  
xix. x.

What I give, O Lord, is of my own, as thou hast prospered me, if I have *wronged any One*, I am ready to restore four fold.

O Lord, whose is the Earth, and the fulness thereof, I offer unto thee, *what by thy Gift and Blessing I have*, this small *Testimony* of my *Thankfulness*, to be bestowed on those *poor Christians*, whom thy *Providence* shall give me opportunity to *Relieve* : Be thou pleased through the *Blood* of my *Saviour* to accept it, and pardon all my *vain Expences*. Amen.

Thou

Thou art my God; my Goods are nothing unto thee; all my delight is upon the Saints that are in the Earth, and upon such as excel in Virtue.

About Ten or Eleven of the Clock *betake your self* to your ordinary Prayers for the Evening, whereto subjoin the two Prayers for Preparation to the Holy-Communion, which are above-written, and also on every such Day the 143 Psalm.

**H**ear my Prayer, O Lord, and consider my desire: Hearken unto me for thy truth and Righteousness sake.

2 And enter not into Judgment with thy Servant: For in thy sight shall no Man living be justified.

3 For the Enemy hath persecuted my Soul, he hath smitten my life down to the ground: He hath laid me in the darkness, as the men that have been long dead.

4 Therefore is my spirit vexed within me; and my heart within me is desolate.

5 Yet do I remember the time past, I muse upon all thy works; yea, I exercise my self in the works of thy hands.

6 I stretch forth my hands unto thee, my soul gaspeth on thee as a thirsty land.

7 Hear me, O Lord, and that soon, for my spirit waxeth faint: Hide not thy face from me, lest I be like unto them that go down into the Pit.

8 O let me hear thy loving kindness be-  
times in the morning, for in thee is my trust:  
Shew thou me the way that I should walk in,  
for I lift up my soul unto thee.

9 Deliver me, O Lord, from mine ene-  
mies; for I flee unto thee to hide me.

20 Teach me to do the thing that pleaseth  
thee, for thou art my God: Let thy loving  
Spirit lead me forth into the Land of Righte-  
ousness.

11 Quicken me, O Lord, for thy Name  
sake: And for thy righteousness sake bring  
my soul out of trouble.

12 And of thy goodness slay mine ene-  
mies: And destroy all them that vex my  
soul, for I am thy servant.

*Glory be to the Father, and to the Son, and to  
the Holy Ghost.*

*As it was in the beginning, is now, and ever  
shall be, world without end. Amen.*

Thus you end your course of Prayers for every Fri-  
day preceding a Communion Sunday. They are such, I  
think, as may suit your leisure and condition; if not,  
you are prudent enough to omit and alter what you  
see good. I have too, all along supposed your con-  
stitution strong enough to hold out such a Fast; if health  
will not bear it, in God's name, eat, but moderately,  
and let your Food, be mean and ordinary, such as a crust  
of bread, a little Wine, or a Glass of Small Beer, &c.

AND now having finished your *Penitential Devotion* on the *Friday*, or the *Eve to Christmas-day*, you have the less to do on the *Saturday*, nothing but to guard your self more strictly against *Temptations*, that they prevail not upon you: To which purpose be much in *reading the Scripture*, or some such Book; particularly, *The whole Duty of Man*; the *third partition* of it concerns the *Lord's Supper*, which after *Evening Prayer* read considerately over, applying every passage to your self, as being some way or other concerned in it.

Part of this day you may bestow in *Offices of Charity*: As, *visiting your sick Friends*, or *reconciling your self to any with whom you have had any Difference*, as you shall find occasion; or, as you shall be directed by your *Spiritual Guide*.

ON Sunday Morning you rise by *Six of the Clock*, and subjoin to your *Morning Prayers* those two *Preparations* above mentioned.

After this, consider how you may with *due Devotion* comport your self at the *Holy Altar*; and what are those particular *Duties* and *Graces* you are there to exercise; you will find an account of them in the *third Partition* of the *Whole Duty of Man*.

Then examine the state and temper of your *heart*: Whether it be tender, and affectionately disposed to *Relents* for your sins, *Purposes* against them, and *Resolutions* for a *Holy Life*? To humble *Reliances*, and trust on God in our *Saviour's Blood* for pardon? To *Spiritual Joy* and *Thankfulness*? To *Good will* towards all Men? To *Charity* and *Liberality*? And the like: Otherwise, have an *hearty desire*, and use your utmost endeavour, which will be excepted, to bring it to such a *disposition*.

## A Preparatory Office

If, after all this be done, you have any *spare Minute* before *Church* or *Chapple-time*; you would do well to bestow them in reading over the *Communion Service*; by which means you will be able, with more *readiness* and *devotion*, to go along with the *Priest* in the *Publick Ministration* of it.

About an *Hour* before you go forth, review the *Accompts* of your sins noted in your *Paper*: Let your heart go along with the *Reading* of them, *Sorrowing* for them, and *Resolving* against them.

After this, humbly *Kneel*, and repeat the *LI. Psalm*.

**H**AVE mercy upon me, O God, after thy great goodness, according to the multitude of thy mercies do away mine offences.

2 Wash me thoroughly from my wickedness, and cleanse me from my sin.

3 For I acknowledge my faults, and my sin is ever before me.

4 Against thee only have I sinned, and done this evil in thy sight, that thou mightest be justified in thy saying, and clear when thou art judged.

5 Behold I was shapen in wickedness, and in sin hath my mother conceived me.

6 But lo, thou requirest truth in the inward parts, and shalt make me to understand wisdom secretly.

7 Thou shalt purge me with Hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than Snow.

8 Thou

*for the Holy Communion.*

53.

8 Thou shalt make me hear of Joy and gladness, that the bones which thou hast broken may rejoyce.

9 Turn thy face from my sins, and put out all my misdeeds.

10 Make me a clean heart, O God, and renew a right spirit within me.

11 Cast me not away from thy presence, and take not thy Holy Spirit from me.

12 O give me the comfort of thy help again, and establish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee.

14 Deliver me from Blood-guiltiness, O God, thou that art the God of my health. And my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O Lord, and my mouth shall shew forth thy praise.

16 For thou desirest no sacrifice, else would I give it thee; but thou delightest not in burnt-offerings.

17 The sacrifice of God is a troubled Spirit: a broken and contrite heart, O God, shalt thou not despise.

18 O be favourable and gracious unto Zion, build thou the Walls of *Jerusalem*,

19 Then shalt thou be pleased with the sacrifice of Righteousness, with the Burnt-  
Offerings

Offerings and Oblations; then shall they offer young Bullocks upon thine Altar.

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, world without end. Amen.*

*Then these following Collects.*

**O** *Blessed Jesu, who didst take upon thee our Nature, and didst suffer Death upon the Cross for our Redemption; and hast commanded us to continue the memory of this thy precious Death till thy Coming again; Oh! let not the inestimable Benefits of it be frustrated by my manifold and grievous sins, but inspire my Soul with those Graces which may qualifie me to receive them tendered unto me in this blessed Sacrament. O Lord, thou seest that I have no power of my self to help my self; Oh! Let the pittifulness of thy great mercy loose me from the chains of those sins wherewith I am tied and bound; that being thus set at liberty, I may here with chearfulness run the way of thy Commandments, and hereafter enter into thy Joy, O blessed Saviour and Redeemer.*

*Amen.*

2 **T**Hou, O God and Saviour, knowest how vile I am, and with what eagerness I have pursued the paths that lead unto everlasting death. How often hath *this Feast* been prepared, I loving *Bid*, and called thereto; but have with frivolous excuses absented my self? Or, if I have come, I have brought such *Troops* of thy professed Enemies, *unrepented Sins*, along with me, as if I came not to adore, but to defie thee; not to commemorate, but to renew thy Passion. I am not worthy, O Lord, I am not worthy to come into thy presence; much less to eat *the Flesh* of the Sacrificed Lamb. For my sins, O *blessed Jesu*! went along in confederation with the *High Priests*, in Treachery with *Judas*, in Injustice with *Pilate*, in Malice and Cruelty with the *People*: Oh! what punishment then shall I be thought worthy of, who have thus trampled under Foot the *Son of God*, and counted the *Blood of the Covenant* an unholy thing! Where shall I vile Wretch appear, who have put my LORD to death: Who have crucified to my self the SON of God afresh, and put *Thee* to an open shame! Where should I appear, but before my *Saviour*, who hath loved and died for me? though I have hated and murdered him? Thy Blood, O *Jesu*,

is

is my only refuge! Oh! Let the Cry of it speak on my behalf; and may it speak better things than the Blood of *Abel*! Be merciful unto me, O God, be merciful unto me, for my Soul trusteth in thee, and in the *Clefts of thy Wounds* shall be my Refuge until thy Father's Indignation be over-past. O Blessed *Advocate* and *Mediator*, intercede for me with *Thy Father and Ours*, Thy God and Ours; and grant that by the Grace which thou hast found, by the Prerogative which thou hast deserved, by the mercy which thou hast purchas'd for me as thou hast been partaker of my sufferings and infirmities, so I by thy Death and Resurrection, and by thy infinite gracious Intercession, may be made partaker of thy Holiness, and thy Glory, even for thy own Merits sake.

3 O Lord, who hast promised, that if I open my mouth wide, thou wilt fill it, I pray thee, *to open it*; and, not my mouth only, but my heart also: Oh! create in thy Servant a greater hunger and thirst after the things of thy Kingdom, and the Righteousness of it, after all the holy Graces, and all the Holy Ministries of Grace, that I may long for the Bread of Heaven, thirst after the Fountain of Salvation; and as the Hart panteth after the Water Brooks, so my soul may desire thee, O Lord:  
Oh!

Oh ! kindle such an holy flame in my soul, that it may consume all my sins, and cursed affections, that I may never again defile the place which thou hast chosen for thy Temple. Thou diedst, O dear *Jesu*, to redeem me from iniquity ; Oh ! let me not again sell my self to work wickedness : I am a sinner, a grievous one, not worthy to look up to Heaven ; but be thou pleased to look down into the dust, and lift up a sinner from the Dung-hill ; let me not perish, in my folly, or be consumed in thy heavy displeasure : Give me time and space to repent, and give me powers of Grace, that as by thy holy Inspiration I do sincerely and fixedly resolve on an entire Reformation, so by thy merciful guidance I may faithfully perform the same. Amen.

4 O Thou great Physician of Souls ; heal me of those many and foul Diseases, which my Soul groans under ; Grant that I may now so touch thee, that every one of those loathsome Issues may immediately stanch, that these sicknesses may not be unto death, but to the glory of thy mercy in pardoning, to the Glory of thy Grace in purifying so polluted a Wretch. O *Christ* bear me ! inspire me with an holy Zeal to mortifie my sins, support me with an holy Hope, confirm me with an

an excellent and unreprieveable Faith, and enkindle in me a never failing Charity; Let me judge my self, that I be not judged by thee, condemn my self, that I be not condemned with the World: But, receiving this *Holy Sacrament* with a penitent heart, and a lively Faith, I may partake the great benefits of it; I may dwell in Christ, and Christ in me: I may be one with Christ, and Christ with me: The Lord be merciful unto me, and grant this for his own Bowels and Compassion sake. *Amen.*

*Then these Collects of Intercession.*

**M**erciful God, who hast made all Men, and wouldest not the death of a sinner, but rather that he should turn from his wickedness and live; to which purpose thou hast sent thy Son out of thy bosom to suffer death upon the Cross for our Redemption; look down in mercy and pity upon *poor Mankind*, whose portion is folly and misery, shame and death. Bring all Sinners to Repentance; enlighten all that sit in darkness; all *Jews, Turks, Infidels, Hereticks and Schismaticks*. Take from them all blindness, hardness of heart, and contempt of thy Word and Commandment; and so fetch them home, blessed Lord, unto thy fold, that they may be saved among the Remnant of the true *Israelites*, and be made

One Flock, under One Shepherd, Jesus Christ  
our Lord. *Amen.*

**G**RACIOUS Lord, I do more especially hum-  
bly present to thy divine Majesty this  
glorious sacrifice, which thy blessed Son made  
upon the Cross, in the behalf of all Christians  
throughout the World: Give unto them all,  
O God, a portion of all the good prayers  
which are made in Heaven and Earth, the In-  
tercession of our Lord, and the Supplications  
of all thy Servants. Oh! let us walk worthy  
of that holy vocation wherewith we are cal-  
led; let us, who name the Name of Christ,  
depart from iniquity, and unite us in the  
bonds of the *common Faith*, and an holy Cha-  
rity, that no Interests or Partialities, nor Sects  
or Opinions may keep us any longer in dark-  
ness and division; but that we may with one  
mind, and one mouth, glorifie Thee, the Fa-  
ther of our Lord Jesus Christ. *Amen.*

**O** Father of Mercies, be merciful to this *mi-  
serable divided Church* in which we live;  
according to all thy righteousness, let thine  
anger be turned away from us; let Religion  
and Vertue season all sorts of men therein;  
forgive us all our sins; turn thee unto us,  
and bless us, that the World may say, Blessed  
is this People whose God is the Lord *Jehovah*,  
and blessed are the folk whom he hath cho-  
sen

sen to him to be his Inheritance: Lord, hear, and cause thy face to shine upon this thy Sanctuary, which is thus sadly desolate, for the Lords sake. *Amen.*

O King of Kings, and Lord of Lords, give, I pray thee, the Spirit of Government and Holiness to all Christian Kings, Princes, and Governors; especially to thy Servant *ANNE* our Queen; Grant that her People may obey her, and she may obey thee, and live in honesty and peace, justice and holy Religion, being a *Nursing Father* to the Church, and Advocate for the Oppressed, a Patron for the Widows, and Sanctuary for the miserable and Fatherless, that she may reign with thee for ever in the Kingdom of the Lord Jesus Christ. *Amen.*

O Thou Fountain of all goodness, be pleased to bless the Princess *SOPHIA*, and all the *Royal Family*; endue them with all heavenly Graces answerable to their Births, make them Instruments of thy Glory here, and partakers of thy Glory hereafter. *Amen.*

O God, who alone workest great marvels, be gracious unto all those who wait at thine *Altar*, the *Bishops*, and all the *Clergy*: Open thou their lips, that their mouths may shew forth

forth thy praise : Inspire them with holiness and diligence to preach and declare thy Will, by good lives and wise Discourses, that they may minister to the good of all Souls, and find a glorious reward in the day of the Lord Jesus. *Amen.*

**O** Merciful God, be merciful in succouring all that are in affliction; deliver the out-cast and poor, help them to right that suffer wrong; let the sorrowful sighing of the Prisoners come before thee, and according to the greatness of thy power, preserve thou those that are appointed to die; be merciful unto all who are just now breathing out their last; grant ease to those that are in pain, supply to those that suffer want; and to all wicked persons give thy Grace, that they may speedily repent, and live well, and be saved through the merits of Jesus Christ. *Amen.*

**H**Ave mercy, and pour down thy blessings, O God, upon (my Father, Mother, and all other) my Relations, Friends, and Benefactors : \* grant unto them whatsoever they want, or wisely and holily desire; keep them for ever in thy fear and favour, and let their portion be in the Blessing, and in the Service, in the love, and in the Kingdom of God, for ever and ever. *Amen.* **O**

\* Here mention those who are so.

**O** Lord, I beseech thee, forgive my enemies all their sins against thee, and me : And give me that measure of thy Grace, that for their hatred I may love them, for their cursing, I may bless them, for their injuries, I may do them good ; and for their persecution, I may pray for them. Lord, I pray for them ; forgive them, for they know not what they do. *Amen.*

**F**inally, O Lord, I pray thee for all those who shall this day be my *companions* at the Altar, and for all others, who do now *commu-nicate* in any part of *Christendom* ; that thro' this blood of the Cross, we may all be cleans'd from our sins, and be presented pure and un-blameable, and unreprieveable in thy sight ; for the sake of Jesus Christ, whom I adore, whom I love, and desire I may still more and more love, and love for ever. *Amen, Amen.*

**O**UR Father, which art in Heaven, Hallowed be thy Name : Thy Kingdom come : Thy Will be done on Earth, as it is in Heaven : Give us this day our daily Bread : And forgive us our Trespases, as we forgive them that Trespas against us : And lead us not into Temptation, but deliver us from Evil : *Amen.*

**T**HE Lord bless and preserve me in my going out, and my coming in, from this time forth and for evermore. *Amen.* Ha-

Having thus finished your Closet Devotion; you go forth to the Church or Chappell fasting, that so a portion from God's Table may be the first Morsel; and remember to take something out of your Store, to present at the Offertory.

When you enter into the Church, kneel and pray,

**O**UR Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done on Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the Power, and the Glory, for ever and ever. Amen.

**L**ord, I have loved the Habitation of thy House, and the place where thine honour dwelleth. I will wash my hands in Innocency, O Lord, and so will I go to thine Altar.

Having seated your self, turn to the Psalm and Lessons, Epistles and Gospel for the day, that you may more freely attend the Priest in reading them.

Sermon ended, you go up to the Altar, and Prostrate before it, say,

**T**Hou art worthy, O Lord, to receive glory, and honour, and power; for thou hast created all things, and for thy will's sake they are, and were created.

Blef-

Blessing, and glory, and wisdom, and thanks,  
and honour, and power, be unto our God, and  
unto the Lamb for evermore. *Amen.*

Then whilst others are coming up, and the *Priest*  
preparing to read the *Sentences*, pray,

**A** Almighty Lord, who hast of thine infinite mercies vouchsafed to ordain *this Sacrament* for a perpetual memory of that *Blessed Sacrifice*, which once thou madest for us upon the Cross; grant me, with such diligent remembrance, and such due reverence, to participate of this so holy and wonderful a mystery, that I may be made worthy by thy Grace to obtain the Vertue and fruits of the same, with all the benefits of thy precious Death and Passion, even the Remission of all my sins, and the fullness of all thy Graces, which I beg for thy only merits, who art my only Saviour, God from everlasting, and World without end. *Amen.*

**O** Lord, our heavenly Father, Almighty and everlasting God, regard, we beseech thee, the devotions of thy humble Servants, who do now celebrate the *Memorial* which thy Son, and our Saviour, hath commanded to be made in remembrance of his most *Blessed Passion and Sacrifice*, that by the merits and power thereof, now represented before thy Divine Majesty, we, and all thy *whole Church*, may be

be made partakers of all other the benefits of his most precious death and Resurrection from the Earth, and glorious Ascension into Heaven, who liveth and reigneth with thee, and the Holy Spirit, ever one God, World without End. *Amen.*

**B**E pleas'd, O God, to accept this our bounden duty and service; and command that the Prayers and Supplications, together with the *Remembrance* of Christ's Passion, which we do now offer up unto thee, may by the *Ministry of thy holy Angels* be brought up into thy Heavenly Tabernacle; and that thou not weighing our merits, but looking upon the blessed *Sacrifice* of our Saviour, which was once fully and perfectly made for us all, mayst pardon our Offences, and replenish us with thy Grace and heavenly benediction, through Jesus Christ our Lord. *Amen.*

Whilst upon your *Knees* you cast in your *Offering*, stop and say,

**B**lessed *Jesu*, who didst accept the poor *Widows two mites*; be pleased graciously to accept this from thy unworthy Servant.

*Amen.*

The Prayers beginning again, you must join with the Congregation; and heeding every passage, let your heart go along with it: Keep your mind attentive, not only to the words and substance of the Prayers and Exhortations, but also to every passage  
D and

and particular Ceremony in the Consecration; forasmuch as all of them have their meaning and reason.

Observing the Priest then *breaking the Bread*; and remembring how Christ's Blessed Body was torn with nails upon the Cross; observe him *pouring out the Wine*; and remember how his precious Blood was spilt likewise; and then consider they were your sins which caused both, which should work in you a great sorrow for them, and then a great hatred, and a firm resolution against them, and withal engage you to thankfulness and love, resolving to express it by an universal obedience in your Conversation. Again,

Observe the People too *taking and eating the Bread, taking and drinking the Wine*, for it signifies their particular laying hold on Christ by Trust and Faith; their flying to, and apprehending him, as the means of their Salvation, and the pardon of their sins tendered to them in this Blessed Sacrament.

When the Priest repeateth that comfortable saying of St. Paul, *This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the World to save sinners*, add (to your self) with all possible devotion and humility, *of whom I am chief*.

And if you have time, while the Priest, and others are Communicating, use these, or the like, heavenly Aspirations.

**I** Am now before the Altar of God, even the God of my joy and gladness.

I will offer *Thanksgiving* unto my God, and pay my Vows unto the most High.

O Lamb of God, that takest away the sins of the World, *Grant me thy peace!*

O Lamb of God, that takest away the sins of the World, *Have mercy upon me!*

Grant

Grant me, gracious Lord, so to eat *the Flesh* of thy Son, and to *drink his Blood*, that my sinful *Body* may be made clean by *his Body*, and my *Soul* washed through his most precious *Blood*. Amen.

**O** Lord, I am not worthy, nor fit that *thou* shouldest come under the filthy *Roof* of the house of my *Soul*, because it is wholly desolate and ruinous; neither hast thou with me a fit place where to lay thy head: But, as *thou* didst vouchsafe to be laid in a *Stable* and *Manger* of unreasonable Beasts; as *thou* didst not disdain to be entertain'd even in the house of *SIMON* the Leper; as *thou* didst not reject the *Harlot*, a sinner like unto me coming unto *thee*, and touching *thee*; as *thou* didst not abhor *her* foul and profane mouth, nor yet the *Thief* on the *Cross* confessing *thee*: Even so vouchsafe to admit *me also*, an over-worn miserable, and out of measure sinful Creature, to the *Receiving* and *Communicating* of the most pure, quickening, and saving *Mysteries* of thy most holy *Body* and precious *Blood*. Amen.

**O** Lord God, how I receive the *Body* and *Blood* of my most blessed Saviour *Jesus Christ*, the price of my Redemption, is the very wonder of my *Soul*! yet, my most firm and constant belief, upon the words of my Saviour.

*viour.* At this time, they are graciously rendered to me, and my *Faith*: Lord, make me a worthy Receiver, and partaker of all the benefits of this blessed Sacrament. *Amen.*

Upon the approach of the Priest with the Consecrated Bread, say,

**T**HOU hast said, that he that *eateth thy Flesh*, and *drinketh thy Blood*, hath eternal life.

Behold the Servant of the Lord, be it unto me according to thy Word!

When the Priest offers thee the holy Bread, say softly with him.

**T**HE Body of our Lord Jesus Christ, which was given for me, preserve my Body and Soul unto everlasting life.

Then answer audibly.

**A M E N.**

Whilst you eat it.

**B**Y thy *Crucified Body* deliver me from *this Body of Death*.

After Receiving.

**B**Y thy *Agony* and *Bloody Sweat*, by thy *Cross* and *Passion*, Good Lord deliver me!

I have *sworn*, and am *stedfastly purposed* to keep thy righteous Judgments.

O hold thou up my goings in thy paths, that my footsteps slip not.

Upon the approach of the Priest with the Consecrated Cup, say,

**W**HAT reward shall I give unto the *Lord*, for all the benefits that he hath done unto me? *I will take the Cup of Salvation*, and call upon the name of the *Lord*.

When the Cup of Blessing is offer'd unto you, say in your heart with the greatest devotion that possibly you may,

**T**He Blood of our *Lord Jesus Christ*, which was shed for me, preserve my Body and Soul unto everlasting life.

Answering audibly,

A M E N.

After you have received it,

**O** My God, thou art true and holy! O my Soul, thou art blessed and happy!

O the depth of the Wisdom and knowledge of God! how incomprehensible are his Judgments, and his ways past finding out?

Praise the Lord, O my Soul, and all that is within me praise his holy Name, who saveth thy Life from destruction, and feedeth thee with the Bread of Heaven!

Glory be to God on High, and on Earth: Peace, good Will towards Men. I worship thee, O Lord, and magnifie thy Name for ever, who hast vouchsafed to fill my Soul with gladness, and to feed me with the *Heavenly Mysteries of Christ's sacred Body and Blood*, humbly beseeching thee, that from henceforth I may walk in good works, and serve thee in holiness and pureness of living, to the honour of thy Name. *Amen.*

**M**OST Blessed Redeemer, I do truly believe, that thy *Body was Crucified*, and thy *Blood was shed out of thy Body*, as verily as I have received this *Bread* and this *Wine* set apart from the *Bread*: And that for the *remission of my sins*, as well as *any others*: And I do also believe, that with this *Bread* and *Wine* I have really and *spiritually* received thy *precious Body and Blood*, whereby my sins are fully washed away, and my Soul purified, and refreshed: This, O Lord, I believe, *help thou my unbelief!* *Amen.*

*The*

*The Song of Simeon.*

- 1 **L**ord, now lettest thou thy Servant depart in peace according to thy Word.
- 2 For mine eyes have seen thy salvation.
- 2 Which thou hast prepared before the face of all People.
- 4 To be a light to lighten the Gentiles, and to be the Glory of thy People Israel.

*Glory be to the Father, &c.*

*As it was in the beginning, &c.*

*Psal. 103.*

- 1 **P**raise the Lord, O my soul; and all that is within me, praise his holy name.
- 2 Praise the Lord, O my Soul, and forget not all his Benefits.
- 3 Who forgiveth all thy sins, and healeth all thy infirmities.
- 4 Who saveth thy life from destruction, and crowneth thee with mercy & lovingkindness.
- 5 Who satisfieth thy mouth with good things, making thee young and lusty as the Eagle.
- 6 The Lord executeth Righteousness, and Judgment for all them that are oppressed with wrong.
- 7 He sheweth his ways unto Moses, his works unto the Children of Israel.

8 The Lord is full of compassion and mercy, long-suffering, and of great goodness.

9 He will not always be chiding; neither keepeth he his anger for ever.

10 He hath not dealt with us after our sins, nor rewarded us according to our wickedness.

11 But look how high the Heaven is in comparison of the Earth; so great is his mercy also towards them that fear him.

12 Look how wide also the East is from the West, so far hath he set our sins from us.

13 Yea, like as a Father pitieth his own Children; even so is the Lord merciful unto them that fear him.

14 For he knoweth whereof we are made: he remembreth that we are but dust.

15 The days of man are but as grass; for he flourisheth as a flower of the Field.

16 For as soon as the wind goeth over it, it is gone, and the place thereof shall know it no more.

17 But the merciful goodness of the Lord endureth for ever and ever upon them that fear him; and his righteousness upon Childrens Children.

18 Even upon such as keep his Covenant, and think upon his Commandments to do them.

19 The Lord hath prepared his seat in Heaven; and his Kingdom ruleth over all.

20 O praise the Lord, ye Angels of his, ye that excel in strength; ye that fulfil his Commandment, and hearken unto the voice of his words.

21 O praise the Lord, all ye his host; ye servants of his that do his pleasure.

21 O praise the Lord, all ye works of his, in all places of his Dominion: Praise thou the Lord, O my soul.

*Glory be to the Father, &c.*

*As it was in the beginning, &c.*

Whilst others are Communicating, Meditate, and say.

**H**appy are those Servants, whom when their Lord cometh, he shall find *thus doing*.

Know ye not, that ye are the Temple of God, and that the Spirit of God dwelleth in you? If any one defile the Temple of God, him will God destroy.

Behold, thou art *made whole, sin no more*, lest a worse thing happen unto thee!

The hour cometh, and now it is, that the true Worshipers shall worship the Father in Spirit and in Truth.

Be we followers of God as dear Children, and walk in love as Christ loved us, and gave himself an Offering and a Sacrifice of a sweet savour unto God for us.

This Holy Communion requires from us the greatest Charity we can express; therefore (if we have any time between these Ejaculations and the Post Communion) it would be highly Religious to pray for those who are yet to Communicate of one or both kinds, saying AMEN to the Words of the Priest, when he gives the Sacrament to any one, as well as to your self. And this Act of your Charity in praying for others, will render your own Prayers and Services the more holy and acceptable to God, and effectual to your Souls health. For he that Prays for himself alone, reaps only the single benefit of his own single devotion: But whoso devoutly prays for others, reaps the fruits of the Prayers of others, which is the great benefit of the *Communion of Saints*.

At the end of the *Communion* say,

To the King Eternal, the Immortal, Invisible, the only Wise God, the *ever Blessed Trinity*, be all honour, and glory, now and for evermore. *Amen*.

Arising and making your Reverence towards the *Altar*, you depart with a glad heart, and a chearful countenance: Preserve good thoughts in your mind; yet be not fullen or morose, but salute any of your Christian Brethren you meet with.

As soon as you come home, retire into your Closet, and bless God with *these Collects* of *Thanksgiving*.

**A**Lmighty God, the Fountain of all goodness, from whom every good and perfect gift proceedeth; and to whom all glory and honour shall be returned: I do desire most heartily

heartily to *thank thee*, for that thou hast vouchsafed to feed me, who have receiv'd these Holy *Mysteries*, with the *spiritual food* of the most precious *Body* and *Blood* of thy Son our Saviour Jesus Christ; and dost assure me thereby of thy favour and goodness towards me, and that I am a *very member incorporate* of the *mystical Body* of thy Son, which is the *blessed Company* of all *Faithful People*; and am also an Heir thro' hope of thine everlasting Kingdom, by the merits of the most precious Death and Passion of thy dear Son. O the height and depth of that unspeakable mercy of thine, who art pleas'd to admit me a sinful Wretch to have any part in those inestimable benefits, which I have so often despis'd and trampled underfoot! I am not worthy, O Lord, of that *daily Bread* which sustains the body; but thou hast made me partaker of that *living Bread* which came down from Heaven, which nourisheth the Soul, and of which, whosoever eateth, shall live for ever. O grant that my Soul may relish this divine Food with spiritual ravishments, and love, great as the flame of *Cberubims*; and grant that what thou hast given me for the *Remission of my sins*, may not by any fault become the increase of 'em; that this *Holy Communion* prove not unto me, unto Judgment and Condemnation, but may support and preserve me in every temptation, rejoice and quiet me in every trouble, enlighten

lighten and strengthen me in every good word and work; comfort and defend me in the hour of my death against all oppositions of the Spirits of Darknels, and further me in the attainment of Everlasting Salvation, thro' Jesus Christ. *Amen.*

**M**OST Holy God, who art of purer eyes than to behold Iniquity; grant, I pray thee, that no unclean thing may be in me, who have now *Receiv'd* thee into my heart and soul; but *let this Blood* of Christ, who thro' the *Eternal Spirit* offered himself without spot to thee, purge my Conscience from dead works to serve thee the living God: Give me Grace, that from henceforth I put off concerning my former conversation *the Old Man*, which is corrupt according the deceitful Lusts, and be renewed in the spirit of my mind: And that I put on the *New Man*, which after thee is created in Righteousness and true Holiness; to which purpose be pleased to watch over me for good, to keep me both outwardly in my Body, and inwardly in my Soul. O God, thou seeest that I have no power of my self to help myself; thou knowest me also to be set in the midst of so many and great dangers, that by reason of the *frailty of my Nature*, I cannot always stand upright; grant to me such strength and protection, as may support me in all dangers

gers, and carry me through all Temptations, through Jesus Christ our Lord. *Amen.*

O Thou with whom is no variableness, nor shadow of turning, let thy Holy Spirit direct me in all things, let thy Grace always prevent and follow me, and preserve me against all assaults of my Spiritual Enemies, especially of *my own treacherous heart*, which is deceitful above all things, wicked, *desperately wicked*, O Lord, thou knowest it: how often hath it betrayed me to the breach of thy holy Laws, to the violation of all these Vows and Promises which I have made to thee? How often have I turned my back in the day of battle? O let me no more thus start aside like a broken Bow, but be steadfast, unmoveable, always abounding in the Work of the Lord, resisting the Devil that he may flee from me, subduing my flesh, and bringing it into subjection: Crucifying and overcoming the World. And therefore let *those solemn Vows*, which I have now made to forsake my sins, never depart from my mind: but let the remembrance of them excite me to fight manfully under thy Banner, and continue thy faithful Servant and Soldier unto my lives end. *Amen.*

O Lord, I do here humbly present unto thee my *Soul* and *Body*, to be a living, holy, and

and *reasonable Sacrifice* unto thee, I beseech thee sanctifie my *Body*, that from a polluted *Dunghil*, it may become the *Temple of God*. Sanctifie my *Soul*, and receive it for thy *dwelling place*, the *Seat of thy Spirit*, and the house of *Prayer*, and holy *Meditation*: Sanctifie me *throughout*, that both my *Body* and *Soul*, and *Spirit*, may be preserv'd *blameless* unto the *coming of our Lord Jesus Christ*, to whom with thee, O *Father*, and the holy *Ghost*, be all honour, and glory, *World without end. Amen.*

**T**HUS have you closed your *Communion Devotion*, it only remains, that you bestow the *greatest part of the Afternoon* in *Reading, Praying, Meditating, good Conferences*, and the like: And when your *Condition* calls you to your usual *Converses*, you are still to remember you have a great business which lies upon your hands, which is the performance of those *Promises* you have now made to *God*; to which purpose frequently *recollect* them to mind, and let the remembrance of them be your *refuge* against all *temptations* to your *old sins*, when ever they assault you; knowing what a *grievous thing* it is to break that *Vow* which you have sealed in your *Saviour's Blood*, and to have that *Blood* (thro' which only you can have pardon) to witness against you, *which God forbid.*

To your *Evening Prayers*, that *Sunday night* immediately before the *Blessing*, subjoin this *Collect*.

**O** Blessed JESUS, who hast this day made me a *Partaker* of thy *blessed Body* and *Blood*, thy *Mercy* hath given it, and my  
Faith

*Faith* hath recieved it into my Soul: O let me ever feel the happy vertue and effects of it: Put thy fear into my heart, to keep those *Vows* and *Promises* which I have on this solemnity rendred unto thee in my mind, that I may not sin against thee; enrich me with all those Graces which come from this precious *Body* and *Blood*, and hereafter bring me to thine everlasting glory, for thy merits and mercies sake. *Amen.*

**T**HUS not to detain you longer, I have recommended to you the aforefaid Devotions to be used on the *Friday* every *Month*, which precedes a *Communion*, (especially the *Fridays* before the three solemn times which our Church hath Consecrated to this Blessed purpose, *Christmas*, *Easter* and *Whitsunday*,) supposing that your health, and important occasions, will permit it, otherwise you are not oblig'd to the strictness of them, though you are oblig'd to receive this *Sacrament*, whensoever an opportunity offers it self.

To capacitate you for a *Worthy Communicant* thereof at all times, I do lastly and heartily advise you to maintain a constant course of *daily Prayers* at *Morning* and *Evening* throughout the *Year*; every *Night* recalling the *Actions* of the day past, and repenting for the sins of it; the practice whereof will fit you for the *Communion* at any time, when it is occasionally tendered to you; I mean, when you are suddenly called to *Communicate* with a *dying Person*; or come accidentally into a *Congregation*, where it is to be receiv'd, and all fit Guests are invited to it; in those cases, you are by no means to turn your back upon it; but bestowing that little time which is  
before

before you in *Recollecting, Repenting, Exerting your Faith, Love, Thankfulness, &c.* Omitting nothing of the *strictness* which is required in the *Act* of *Receiving, and performing afterwards* to your power what you secretly promis'd: receive it with the rest in the Name of God, beginning with the *Prayers* beforementioned, [*pag. 64.*] which are to be said whilst the *Priest* is preparing to read the *Sentences*.

Almighty God who hast of thine infinite mercies vouchsafed,

But this I advise, on supposal you carry about with you such an *habitual preparation* which is acquired by keeping a *strict course* of *daily private Devotions*, and a constant watchfulness over your self; otherwise you sin sadly. However, be careful to *Communicate* whenever you are *solemnly invited* to it, *i. e.* every Month, and with due remembrance of him, whose death you do hereby shew forth till he come.

God Almighty make you a worthy Participant of his Body and Blood here, that you may for ever enjoy him hereafter. *Amen.*

---

DEVOTIONS for the MORNING;  
which begin with Protestation, and  
saying.

AT the Name of *Jesus*, God blessed for ever,  
let every *Knee bow*, both of things in Hea-  
ven, things in Earth, and things under the  
Earth: *Glory be to thee, O Lord most high.*

Then upon your *Knees*, say,

GOD be in my *Head*, and in my *Under-  
standing*, that I may know in this my  
day the things which do concern my ever-  
lasting peace.

God be in my *Eyes*, and in my *seeing*, that  
they may be always looking up to thy Mer-  
cy-Seat, and that they be not as so many  
*Casements* to let in *Vanity*.

God be in my *Mouth*, and in my *Speaking*, to  
guard and fence it from *Idle Words*; and that  
it may at no time be a *Door* to let out *Folly*.

God be in my *Ears*, and in my *Hearing*,  
that they may be always open to sound and  
wholesom Counsels, and deaf to corrupt and  
filthy Communications.

God be in my *Heart*, and in my *Thinking*,  
to preserve it from being a Sink of Unclean-  
ness,

ness, and that it may never be suffer'd either to flatter me, or deceive others.

God be at my *End*; and at my *Departing*, that so my *Death* may be *precious* in the sight of the Lord, with whom I pray that I may live for evermore. *Amen.*

*Prevent me, O Lord, in all my doings with thy most gracious Favour, and further me with thy continual Help, that in all my works begun, continu'd, and ended in thee, I may glorifie thy Holy Name, and finally by thy Mercy obtain everlasting life, through Jesus Christ our Lord. Amen.*

*OUR Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that Trespas against us: And lead us not into Temptation, but deliver us from Evil. Amen.*

My Voice shalt thou hear betimes, O Lord, early in the Morning will I direct my prayer unto thee; and I will look up,

O Lord, open thou my *Lips*.

And my *Mouth* shall shew forth thy Praise.

O God, make speed to save me;

O Lord, make haste to help me.

*for the Holy Communion.* 83

*Glory be to the Father, and to the Son, and  
to the Holy Ghost.*

*As it was in the beginning, is now, and  
ever shall be, world without end. Amen.*

*Psalms 95.*

**O** Come let us sing unto the Lord, let us  
heartily rejoice in the strength of  
our Salvation.

Let us come before his presence with  
thanksgiving, and shew our selves glad in  
him with Psalms.

For the Lord is a great God, and a great  
King above all Gods.

In his Hand are all the corners of the Earth,  
and the Strength of the Hills is his also.

The Sea is his, and he made it; and his  
hands prepared the dry Land.

O come let us worship and fall down, and  
kneel before the Lord our Maker.

For he is the Lord our God, and we are the  
People of his Pasture, and the Sheep of his hand.

To day, if you will hear his voice, harden  
not your hearts, as in the provocation, and as  
in the day of temptation in the Wilderness.

When your Fathers tempted me, proved  
me, and saw my Works.

Forty years long was I grieved with this  
Generation, and said, it is a People that do

err in their hearts, for they have not known my ways.

Unto whom I fware in my wrath, that they should not enter into my rest:

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, World without end. Amen.*

After which read one or more of *David's Psalms* in order; beginning with the *First*, and so onward, concluding each *Psalme* with

*Glory be to the Father, and to the Son, and to the Holy Ghost.*

*As it was in the beginning, is now, and ever shall be, World without end. Amen.*

Then a Chapter out of the *Proverbs of Solomon*, or the *New Testament*: and after that,

**W**E praise thee, O God, we acknowledge thee, to be the *Lord*.

All the Earth doth worship thee, the Father everlasting.

To thee all Angels cry aloud, the Heavens, and all the Powers therein.

To the *Cherubin* and *Seraphin* continually do cry.

Holy, Holy, Holy, Lord God of Sabbath.  
Heaven

Heaven and Earth are full of the Majesty  
of thy Glory.

The glorious Company of the Apostles  
praise thee.

The goodly Fellowship of the Prophets  
praise thee.

The Noble Army of Martyrs praise thee.

The holy Church throughout all the  
World doth acknowledge thee.

The Father of an infinite Majesty.

Thine Honourable, True, and only Son.

Also the Holy Ghost, the Comforter.

Thou art the King of Glory, O Christ!

Thou art the everlasting Son of the Father.

When thou tookest upon thee to deli-  
ver man, thou didst not abhor the Virgins  
Womb.

When thou hadst overcome the sharpness  
of death, thou didst open the Kingdom of  
Heaven to all believers.

Thou sittest at the right hand of God, in  
the Glory of the Father.

We believe that thou shalt come to be our  
Judge.

We therefore, pray thee, help thy Ser-  
vants, whom thou hast redeemed with thy  
most precious Blood.

Make them to be numbered with thy Saints  
in glory everlasting.

O Lord, save thy People, and bleſs thine Heritage.

Govern them, and liſt them up for ever.

Day by day we magnifie thee.

And we worſhip thy Name, ever World without end,

Vouchſafe, O Lord, to keep us this day without ſin.

O Lord, have mercy upon us, have mercy upon us.

O Lord, let thy mercy lighten upon us, as our truſt is in thee.

O Lord, in thee have I truſted, let me never be confounded.

Then the Creed.

**I** Believe in God the Father Almighty, Maker of heaven and earth; and in Jeſus Chriſt his only Son our Lord, who was conceived by the Holy Ghoſt, born of the Virgin Mary, ſuffered under Pontius Pilate, was crucified, dead, and buried, he deſcended into hell, the third day he aroſe again from the dead, he aſcended into heaven, and ſitteth on the right hand of God the Father Almighty; from thence he ſhall come to judge the quick and the dead. I believe in the Holy Ghoſt, the holy Catholick Church, the Communion of Saints, the Forgiveness of ſins, the Reſurrection of the Body, and the Life everlaſting. Amen.

Our

OUR Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Trespases, as we forgive them that trespass against us: And lead us not into Temptation, but deliver us from Evil, Amen.

Blessing, and Honour, and Glory, and Power be unto him that sitteth on the Throne, and unto the Lamb for ever and ever. Amen.

GLORY be to God on high, on Earth peace, good will towards men. I praise thee; I bless thee; I worship thee; I glorifie thee; I give thanks to thee for thy great Glory and goodness, O Lord God, heavenly King. God the Father Almighty; for thy Son *Jesus Christ*, manifested in the Flesh, to destroy the Works of the Devil; and who is the Fountain of those Mercies both Spiritual and Temporal, so freely and plentifully bestow'd on me thy most unworthy Creature, from time to time, particularly, that thou hast protected me this last night from all perils Ghostly and Bodily, and brought me to see the light of another Day, whereas thou mightst justly have suffered me to sleep in death, by reason of those manifold and heinous sins wherewith I have from time to time offended thy Divine Majesty. I have sinned! and what shall I say unto thee,

O thou *Preserver of Man*? I have left undone those things which I ought to have done; and I have done those things which I ought not to have done, and there is no health in me: But thou, O Lord, have mercy upon me most miserable Offender! O thou, who desirest not the death of a sinner, but rather that he would turn from his wickedness and live, *Have mercy upon me*! Spare, and restore me, who do here in all humility confess my faults, and do desire to be penitent for them. Have regard to thy *Blessed Son* who is our *Advocate* with thee, O Father, and the *Propitiation* for all our sins; for whose sake, mercifully grant unto me true repentance, and the assistance of thy *holy Spirit*, which may teach and enable me to please thee hereafter in all things, to deny ungodliness and worldly lusts, and to live godly, righteously, and soberly in this present World, that so at last I may come into thine eternal Joy, thro' the same Jesus Christ our Lord. *Amen.*

**A** Almighty God our heavenly Father, who of thy great mercy hast promised *Forgiveness* of sins to all them that with hearty Repentance and true Faith turn unto thee: Have mercy upon me; pardon and deliver me from all my sins, confirm and strengthen me in all Goodness, and bring me unto everlasting life, thro' Jesus Christ our Lord. *Amen.*

**O** Lord, our Heavenly Father, Almighty and everlasting God, who hast safely brought me to the beginning of this day; preserve me in the same, and all other days of my life, from all sin and danger; and by thy Gracious Governance, dispose all my Thoughts, Words, and Actions this day, to thy Glory, through Jesus Christ our Lord. *Amen.*

**M**ost gracious God, I humbly beseech thee, as for this Kingdom in general; so especially for Her, who is the Supreme Governour thereof; O Lord, grant the Queen a long life, that her *Years* may endure as *many Ages*; furnish her with safe and wise Counsels, and give her an heart of courage and constancy to pursue them; Oh! prepare thy loving mercy and faithfulness for her, that they may preserve her: Let thy Name, O *God of Jacob*, defend her: Send her *help* from thy *Sanctuary*, and *strengthen* her out of *Sion*; and let us her Servants under thee, see with joy, that thou wilt hear her from thy Holy Heaven, even with the wholsom strength of thy Right hand; so will we always sing Praises unto thy Name; through Jesus Christ our Lord. *Amen.*

**B**less, O Lord, the Princess *Sophia*, and all the *Royal Family*; Prosper them with  
E all

all happiness, and make them all instrumental to the furtherance of thy Glory in this World, and bring them to thine everlasting Kingdom in the World to come, through Jesus Christ our Lord. *Amen.*

**G**ive Grace, O Heavenly Father, to all *Bishops and Curates*, especially to *Him* whom by thy good Providence thou hast appointed my *Spiritual Pastor and Guide*. Grant that I may reverence his Person, and have a regard to his good and wholsom Councils; so that by him I may be conducted, and together with him enter into thine Eternal Joy, through Jesus Christ. *Amen.*

**O** God the Creator and preserver of all mankind, I beseech thee for all sorts and conditions of Men, and especially for thy Holy *Catholick Church*, that one *Faith* may be *Uniformly* professed, as thy *Church* is and can be but *One*; purge it from all *Atbeism*, *Heresie*, and *Schism*; and grant that all they who do profess thy holy Name may agree in the truth of thy holy Word, and hold the Faith in unity of Spirit, in the bond of Peace, and in righteousness of life, thro' him who is the only *Head* over all things to his Church, *Jesus Christ* our Lord. *Amen.*

**O** God of Mercies, and Father of Comforts, have mercy, and comfort all those who are any ways afflicted or distressed in Mind, Body, or Estate; Relieve them according to their several necessities, give them Patience under their sufferings, and an happy Issue out of all their Afflictions, for Jesus Christ his sake. *Amen.*

**G** Racious Lord, bless all those who are near and dear unto me, and make them near and dear unto thine own self: All my Kinsred, \* all other my Friends, Acquaintants, and Benefactors, particularly †. Forgive me and them all our sins, and continue us thy Servants in life and death, *Amen.*

\* Here insert your nearest Relations.

† Here particularize whom you think fit.

**T**HE Lord fulfil the Desires and Petitions of thy Servant, as may be most expedient for me: The Lord bless me, and keep me: The Lord lift up the light of his countenance upon me, and give me peace both now and evermore. *Amen.*

PRAYERS for the EVENING.

**O** Lord, I do again humbly present my self before thee; let my Prayers be set forth in thy sight as the Incense, and the lifting up of my hands be an Evening Sacrifice, even for Jesus Christ his sake. Amen.

**O** Ur Father which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily bread: And forgive us our Trespases, as we forgive them that Trespase against us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the Power, and the Glory, for ever and ever. Amen.

Then read a Psalm, which conclude with,

Glory be to the Father, &c.

After it a Chapter out of the New Testament, at the end of which, say,

**L**ord, now lettest thou thy Servant depart in peace, according to thy Word.

For mine eyes have seen thy Salvation,  
Which thou hast prepared before the face  
of all People. To

*for the Holy Communion.*

93

To be a light to lighten the Gentiles, and  
to be the Glory of thy People Israel.

*Glory be to the Father, and to the Son, and  
to the Holy Ghost.*

*As it was in the beginning, is now, and  
ever shall be, world without end. Amen.*

After which, devoutly repeat your Creed,

**I** Believe in God the Father Almighty, Maker of  
heaven and earth; and in Jesus Christ his only  
Son our Lord, who was conceived by the Holy Ghost,  
born of the Virgin Mary, suffered under Pontius  
Pilate; was crucified, dead and buried, he descen-  
ded into hell; the third day he rose again from the  
dead, he ascended into heaven, and sitteth on the  
right hand of God the Father Almighty; from  
thence he shall come to judge the quick and the  
dead. I believe in the Holy Ghost, the holy Ca-  
tholick Church, the Communion of Saints, the  
Forgiveness of Sins, the Resurrection of the Body,  
and the life everlasting. Amen.

The Lord be with me. Amen.

**O** Ur Father, which art in Heaven, Hallowed  
be thy Name: Thy Kingdom come: Thy  
Will be done in Earth, as it is in Heaven: Give  
us this day our daily Bread: And forgive us our  
Trespases, as we forgive them that Trespas a-  
gainst us: And lead us not into Temptation, but  
deliver us from Evil: Amen.

**A**lmighty and most merciful Father, but a most severe and just Judge, to all obstinate and Impenitent Sinners, I acknowledge and bewail my manifold Sins and Wickedness, which I from time to time most grievously have committed in Thought, Word and Deed, against thy Divine Majesty. I have sinned, and what shall I do unto thee, O thou Preserver of Man? I have left undone those things which I ought to have done; and I have done those things which I ought not to have done, and there is no health in me. But thou, O Lord, have mercy upon me a miserable Offender! O God, who desireth not the death of a Sinner, but rather that he should turn from his wickedness and live, Have mercy upon me; spare and restore me, who desire in all humility to confess my faults, and be penitent for them; Have regard to thy Son *Jesus Christ*, who is our *Advocate* with thee, and the *Propitiation* for all our Sins; for whose sake grant me true Repentance, and the assistance of thy *Holy Spirit*, to please thee hereafter in all things, to teach and enable me to deny all Ungodliness and Worldly Lust, and to live Soberly, Godly and Righteously in this present evil World, that so at last, I may come to thine eternal Joy, through *Jesus Christ* our Lord. *Amen.*

Almighty

**A** Lmighty God our Heavenly Father, who of thy great mercy hast promised *Forgiveness* of sins to all them that with hearty Repentance, and true Faith, turn unto thee: Have mercy upon me; pardon, and deliver me from all my sins, confirm and strengthen me in all Goodness, and bring me unto everlasting life, thro' Jesus Christ our Lord. *Amen.*

**A** Lmighty and ever-living God, who hast commanded me to pray for *all Men*; I humbly beseech thee most mercifully to receive these my prayers which I offer unto thy Divine Majesty; beseeching thee to inspire continually the *Universal Church*, and especially *that part of it in these Kingdoms*, with the Spirit of Truth, Unity and Concord: Bless Her who is Supreme Governor over it, our most gracious Sovereign Lady Queen *ANNE*; Treasure up in her all thy hidden Blessings, make and keep her a devoted Servant unto thee, a constant Patron of thy Church and Truth; that she may live long, and be full of honourable Success all her days. Bless her in her Person, in her Actions, in the whole Royal Family, in her Servants, in her People; and this life ended, crown her with *everlasting Glory*. Under her, bless

the whole State Ecclesiastical and Civil, that Righteousness and Peace may kiss each other, and we may serve and honour thee for ever. *Amen.*

**O** Lord, bless all the afflicted Members of the Body of thy Son, wheresoever, or howsoever distressed: Send them constant Patience, and speedy Deliverance, as seems best to thee, and is best for them: And do unto them according to all those mercies, which I would, or should desire thou shouldst shew to my own Soul, if at any time thou shalt be pleased to make my Estate as theirs is at this present; And then, O Lord, be merciful. *Amen.*

**G**racious God, bless all the places to which thou hast made me have any near Reference, every Soul contained in them: All my Friends, Kindred, and Acquaintance; any to whom thou hast made me any way obliged, especially my *Father, Mother, &c.* Lord, I beseech thee, forgive me and them all our sins, and continue us thy Servants both in Life and Death; making us doubly dear unto each other, both in the Flesh, and in the Lord. *Amen.*

Almighty

**A**lmighty God, Father of all mercies, I  
 thine unworthy Servant do give thee  
 most humble and hearty thanks for all thy  
 goodness and loving kindness bestowed on  
 me. Above all, for the *Redemption* of the  
 World by our **LORD JESUS CHRIST**;  
 in him, for the means of Grace, and for the  
 hope of Glory: For all the blessings of this  
 Life; for thy creating, and for thy pro-  
 tection of me all my days; and particularly,  
 that *this day past*, thou hast preserved me in  
 my Health, and *assisted me in*  
*my Devotions* \*. Give me, I  
 beseech thee, a due sense of  
 these thy mercies; and Grace  
 and Power to express it, by  
 an Obedience to all thy Commandments.  
 Go on to preserve, and take me into thy  
 Protection this Night: Lighten my dark-  
 ness, O Lord, and by thy great mercy de-  
 fend me from all perils and dangers of this  
 Night, for the Love of thy only Son Jesus  
 Christ our Lord. *Amen.*

\* Or *Prospered*  
*me in my Af-*  
*airs.*

**T**HE Lord fulfil the desires and Petiti-  
 ons of thy Servant, as may be most  
 expedient for me: The Lord bless me, and  
 keep me: The Lord lift up the light of his  
 countenance upon me, and give me Peace,  
 both now and evermore. *Amen.*

*Shorter Prayers for Servants, or any others, who  
may be engaged in necessary Affairs.*

*For the Morning.*

**P**RAISED be the Lord, from the rising up of  
the Sun, unto the going down of the same.  
Thou art my God, and I will praise thee:  
Thou art my God, and I will thank thee; who  
hast lightened mine eyes, that I sleep not in  
death; hast deliver'd me from the terrors of  
the Night, and from the evil that walketh  
in darkness; who renewest thy mercies to  
me every Morning, and hast given me one  
day more to serve thee, and call upon thy  
Name. I laid me down and slept, and rose  
up again, for thou Lord only makest me to  
dwell in safety: To thee therefore Father,  
Son, and Holy Ghost, the blessed and glorious  
and undivided Trinity, be honour and glo-  
ry this day, and for evermore. *Amen.*

I will arise, and go to my Father, and will  
say unto him,

**F**ATHER, I have sinned against Heaven, and  
before thee, and am no more worthy to  
be called thy Son; but turn thee unto me, and  
have mercy upon me. Remember not mine  
Iniquities, nor the Iniquities of my Fore-  
fathers,

thers, neither take thou vengeance of my sins. Have regard to thy Son Jesus Christ, who had no regard to his own life, but laid it down on the Cross for me: And in him, and for his sake, be reconciled unto me. *Amen.*

Enter not into Judgment with thy Servant, O Lord, for if thou shouldest be *extream to mark what I have done amiss*, what would become of me? For of so many millions of sins that I have committed, I cannot answer thee one of a thousand. But, O thou, who hast revealed it to me as a faithful saying, that JESUS CHRIST came into the World to save Sinners, save me, O save me, who am the *chiefest* of them; wash away all my sins in his Blood, bury them in his Grave, that they may never rise up in this World to shame me, or in the World to come to condemn me. *Amen.*

Thou hast been my succour, leave me not, neither forsake me, O God of my Salvation; but go on to create in me a clean heart, a new and contrite heart, and to renew a right Spirit within me. Give me thy Holy Spirit to think and do always such things as be rightful, that I who cannot do any thing that is good without thee, may by thee be enabled to live according to thy will, thro' JESUS CHRIST our Lord. *Amen.*

O God, the Creator and Preserver of all Mankind; I humbly beseech thee for all sorts and

and *conditions of Men*; especially for thy Holy Catholick Church; for that part of it in these Kingdoms; for her who is the Supreme Governour thereof; our dread Sovereign LADY Queen ANNE, and all the Royal Family; for the whole State Ecclesiastical and Civil; for those who are any way afflicted, or distressed in Mind, Body, or Estate; for all my Relations, Friends, and Benefactors; *particularly, &c.* Endow them all with Heavenly gifts, answerable to their respective Places and Callings; guide them with thy Counsel here, and hereafter bring them unto Glory, through Jesus Christ our Lord. *Amen.*

Defend me, O God, under thy Wings, and keep me safe *this day* under thy Feathers. Give thine Angels charge over me, to keep me in all my ways. Set a watch *this day* before my mouth, and keep the door of my lips. Turn away mine eyes that they behold not vanity; and let not mine heart be inclin'd to any evil thing. Order my steps in thy Word, that no wickedness may have dominion over me. Prosper thou the work of my hands unto me, O prosper thou my handy-work; and let thy merciful kindness be this day upon me, like as I do put my trust in thee, through the Merits of thine only Son Jesus Christ our Lord. *Amen.*

*Our*

Our Father which art, &c:

For thine is the Kingdom, &c.

The Blessing of God Almighty, Father, Son, and Holy Ghost, be with me, and all related to me, this day, and for evermore. *Amen.*

*A short Prayer for the Evening.*

**O** Praise the Lord all ye his Servants, ye that by night stand in the House of the Lord. With these, O Lord, do I now lift up my hands to thy Sanctuary; and will praise thy Name for all thy mercies *Spiritual* and *Temporal*, bestowed on me in JESUS CHRIST, for this days life and protection, for with-holding those several Judgments which my sins deserved, for loading me with a multitude of Blessings, which, by reason of my manifold sins I have not deserved. Forgive, O Lord, forgive them all, and increase thy Grace upon me evermore; let them not hinder thy Graces hereafter from *descending* down upon me, nor my Prayers at this, or any other time, from *ascending* up unto thee, as an acceptable Sacrifice, through Jesus Christ our Lord. *Amen.*

Have mercy upon me, O God, after thy great goodness; and according to the multitude of thy mercies do away mine offences. Wash me thoroughly from my wickedness, and cleanse

cleanse me from my sin. For I acknowledge my faults, and my sin is ever before me, O thou who hast sent thy Son into the World, not to call the *Righteous* but *Sinners* to Repentance, have mercy upon me, and grant me true Repentance unto life, never to be repented of, and which may bring me to thine eternal joy, thro' Jesus Christ our Lord. *Amen.*

Keep me, O Lord, *thy poor humble Servant*, with thy perpetual mercy: And because the frailty of Man without thee cannot but fall, preserve me ever by thy help from all things hurtful, and lead me to all things profitable to my Salvation, through Jesus Christ our Lord. *Amen.*

O God, who wouldst have all to be saved, and come to the knowledge of the Truth, have mercy upon all men. Bless every member of the Universal Church, especially that part of it in this Land of my Nativity, and herein the Queen's Majesty, and the whole Royal Family; all that are in Authority under her, all the Ministers of thy Holy Word and Sacraments, particularly him to whose oversight thou hast committed me. Give, I pray thee, unto them all according to thy good pleasure, the blessings both of this life, and that which is to come. Forget not peculiarly to shew mercy to the Relations, Friends, Helpers, and Well-wishers of thy Servant. Let  
thine

this  
thy  
the  
of  
his

T  
bese  
Nig  
to l  
bod  
wan  
life  
cor  
but  
Let  
son,  
and  
in t  
fobe  
aid  
Lor

O  
F

T  
Son,  
upo  
and

thyne eye of mercy be ever open upon all thy wanting and suffering Servants, support them under, and graciously deliver them out of all their distresses, even for Jesus Christ his sake. *Amen.*

Thy Servant will speak yet once more, and beseech thee, O Lord, who hast made the Night for Man to rest in, as well as the Day to labour, that *this Night* I may so take my bodily rest, that my Soul may continually watch for my deliverance out of this mortal life; and that my sleep be not excessive, according to the insatiate desires of the flesh, but sufficient to relieve, and maintain Nature. Let me remember thy Name *in the Night season*, and commune with mine own heart, and search out my spirits, and compose them in thee, that I may rise to serve thee in all sober and godly conversation, through the aid and assistance of Jesus Christ our only Lord and Saviour. *Amen.*

*Our Father which art, &c.*

*For thine is the Kingdom, &c.*

The Blessing of God Almighty, Father, Son, and Holy Ghost, be with me, and rest upon me, and all related to me, this Night, and for evermore. *Amen.*

---

*Directions how to pass our days well and acceptable unto God.*

---

**S**aint Basil exhorts to this purpose, before we do any thing else, be we careful to consecrate the first fruits of the day, and the very beginning of our holy thoughts unto the Service of God. Accordingly, let the *first thing* which you do, and the *first word* which you speak, *every day*, tend to this great and important end, the worship and acknowledgment of Almighty God; for, as good Men have observed, upon our *first thoughts* do commonly depend the *thoughts* and *actions* of the *whole Day*: Therefore when you first awake, you must admire, and thankfully resent, his great goodness for the *last nights sleep*, who might, and deservedly too, have suffered death to seize on you *whilst sleeping*, and hurried you hence to render an account of what you have done in the flesh, the result of which will be, to think how (on the supposal of this dreadful surprise) you were prepared, and to conclude and pray, Happy is that Servant, whom his Lord, when he cometh, shall find *doing his Will*. Amen. Be it to thy Servant according to thy Word.

To which Meditation prefix this holy Ejaculation,

*Lighten mine eyes, O Lord, that I sleep not in death. Amen.*

And

And subjoin this humble Resignation of your self  
into the hands of God.

Into thy hands, O Lord, I commend this  
day my soul and my body ; beseeching thee  
to be ever with me, to direct, sanctifie, and  
govern me in the ways of thy Laws, and in  
the works of thy Commandments, that thro'  
thy most mighty protection both here and  
ever, I may be preserved both in body and  
soul, to serve thee the only true God, thro'  
Jesus Christ our Lord, *Amen.*

2. *After which, presently arise, and at your uprising, say,*

In the Name of God the Father, the Son,  
and the Holy Ghost. *Amen.* Blessed be God,  
the Holy and undivided Trinity, now, and  
for ever. *Amen.*

I arise from my Bed to glorifie him. He,  
of his infinite mercy, *Bless and keep me this  
day, and for evermore. Amen.*

I laid me down, and slept, and rose up  
again, for the Lord sustained me.

3. At your Apparelling, say,

Put ye one the Lord Jesus Christ, and make  
no provision for the flesh, to fulfil the lusts  
thereof. *Cloath me, O Lord, with the Orna-  
ments of thy Heavenly Grace, and cover me  
with the robes of Righteousness, through Jesus  
Christ. Amen.*

4. At

4. *At the washing of your hands, say,*

O wash me thoroughly from my wickedness, and cleanse me from my sins: Make me a clean heart, O God, and renew a right Spirit within me, a Spirit cleaving stedfastly unto thee, through Jesus Christ. *Amen.*

5. After which betake your self to your *Morning Prayers*, and after them, walk a while in your *Chamber*, and bethink your self of the *Business of the following Day*, and of a prudent and conscientious transaction of them: in the managure of which, consider what temptations may probably assault you, and arm your self against them, what Good your occasions may render you capable of doing this Day, and resolve within your self to do it, and to do it as effectually as you can. And be willing to commit all your affairs to God, to be guided by his Counsel; protected and provided for by his Care; according to the advice of holy David, Commit thy way unto the Lord, trust also in him, and he shall bring it to pass.

6. And for as much as the Apostle enjoyns us to pray always; and again, to continue in Prayer, accordingly should we follow his injunction; and that we should do nothing else but pray, but have our hearts so enflamed with the love of God, as to be in a continual disposition to pray, and this not only at all set and accustomed times, but at all times, and upon all occasions and objects, presented, raise up your souls upon the spiritual Wings of Holy Meditations, Celestial Affectons, Devout Colloquies and Ejaculatory Converses with Heaven. Thus Enoch walked with God, and was translated. Thus David professeth, I have set God always before me: And I will give thanks unto the Lord, his praise shall ever be in my mouth, Correspondently where-

whereunto you should furnish your self with *Meditations* fitted to *every days* ordinary actions, and several dispositions of your Soul.

When you go forth out of your *House or Chamber*,  
say

The Lord preserve *my going out*, and *my coming in*, from this time forth for evermore.  
*Amen.*

When you stand upon some *high place*, say,

Thy Mercy, O Lord, reacheth unto the *Heavens*, and thy Faithfulness unto the *Clouds*.

When you behold *pleasant Fields*, and *variety of Objects*, say,

O Lord, how manifold are thy works! in wisdom hast thou made them all: *The Earth* is full of thy Riches.

When you see or hear *any thing extraordinary*, say,

Blessed be the Lord God, even the God of *Israel*, who only doth *wondrous things*: And blessed be the Name of his Majesty for ever: And all the Earth shall be filled with his Majesty. *Amen. Amen.*

When

When you hear the *Clock*, or see the *hour of the Day*, say,

Our *days upon Earth* are but as a *shadow*; and we bring our *Tears* to an end as a *Tale that is told*; so teach me to number *my days*, that I may apply *my heart* unto wisdom. *Amen.*

When you go to read the *Scriptures*, say,

Open thou mine eyes, O Lord, that I may see the *wondrous things* of thy Law. *Amen.*

When you are *sad* or *discontented*, say,

Why art thou so full of *heaviness*, O my soul, and why art thou so *disquieted* within me? Put thy trust in God, for I will yet give him *thanks* for the help of his countenance.

When you *hunger* or *thirst*, say,

Blessed are they that *hunger and thirst* after righteousness, for they shall be filled.

When you are asked an *Alms*, being able to give, say,

Blessed be God, who hath not only given me *ability*, but this *opportunity* also to lay up in Store for my self a good *foundation* against the time to come, that I may lay hold on *eternal life*.

When

When you hear others *evil spoken of*, say,

Lord, who shall dwell in *thy Tabernacle*, or who shall rest upon *thy Holy Hill*? He that hath used no deceit in his *Tongue*, nor done evil unto his Neighbour, and hath not slandered his Neighbour.

Upon the sense of *your sins*, and the mispending of *your time*, say,

Call to remembrance, O Lord, thy tender *mercies*, and thy *loving kindness*, which have been ever of old. O remember not the *sins and offences of my Youth*, nor of *my riper Years*. O deal not with me after *my sins*, neither reward me after *mine iniquities*, but according to thy mercy think thou upon me, O Lord, for thy *goodness*. *Amen.*

7. Be careful to retire, *some part of the day*, into your Closet, and devoutly read the Meditation for the Day, at the end of this Book: And on every Friday, as also the *Wednesdays* and *Saturdays* in Lent, and *Ember Week*, the Litany and Prayers at the *Ninth Page* thereof.

8. Neglect not, when occasion offers, to perform all Spiritual Works of Mercy, *viz. to instruct the Ignorant, to correct Offenders, to counsel the Doubtful, to suffer Injuries with Patience, to forgive Offences and Wrongs, to pray for others.* As also all Corporal Works of Mercy, *viz. to Feed the Hungry, and give Drink to the*

*the Thirsty; to Cloath the Naked, to Harbour the Stranger and Needy, to Visit the Sick, to Minister unto Prisoners and Captives, to bury the Dead.*

9. Next to the Holy Commandments, and Injunctions of the Gospel, be diligent to observe the *Precepts of the Church*, viz.

1. "To observe the Festivals and Holidays.
2. "To keep the Fasting-Days with Devotion and Abstinence.
3. "To observe the Ecclesiastical Customs and Ceremonies established, and that without forwardness and contradiction.
4. "To repair every Day, Morning and Evening (unless there be a just and unfeigned cause to the contrary) unto some Church or Chappel for publick Prayers, unto which God hath, in a more peculiar manner, annexed his Blessing, that where two or three are gathered together in his Name, he will be in the midst of 'em.
5. "To Receive the blessed Sacrament of the Body and Blood of Christ with frequent Devotion, and three times a year at least: whereof *Easter* to be always one. And for the better preparation thereunto, as occasion is, to disburthen your Conscience of those Sins that may grieve you, or Scruples that may trouble you, to a learned and discreet Priest, and from him, to receive advice, and the benefit of Absolution.

10. Possess your Soul with the *fear of God*, the Judge of all the Earth, who is about your Path, and about your Bed, and spieth all your Ways: And dare you sin in his presence? Dare you so highly affront him to his face, *before whom all things are naked and open*?

11. Before you betake your self to your *Evening Prayers*, think upon all the *Day past*, how you have spent

*for the Holy Communion.*

III

spent it; that is, what good or evil actions you have done, and what bad inclinations you have resisted or amended, asking God pardon for the offences of it.

12. *As you undress your self consider, That the time is coming, when you shall put off this Body of Flesh, as you do now the Garments which cover its nakedness; and that you may do this in peace, and to your future happiness, your Soul must now be stript, and put off concerning the former conversation the Old Man which is corrupt according to the deceitful lusts, and put on that New Man, which after God is created in Righteousness and true holiness.*

13. *As you enter into Bed, say,*

In the Name of our Lord Jesus Christ, who was Crucified upon his Cross, and laid into his Grave for me, I lay me down to rest; He bless me, and keep me; He save me, and raise me up again; and bring me at last unto life eternal. *Amen.*

14. *As you betake your to self to sleep, say,*

I will lay me down in peace, and take my rest; for it is thou, Lord, only, that makest me dwell in safety, *Amen.* Have mercy upon me, O Lord, now, and at the hour of death, *Amen.* Preserve me while I am waking, defend me while I am sleeping, that my soul may continually watch for thee, and both body and soul may rest in thy peace for ever, *Amen.*

15. Should

15. Should you in the *night time* lie awake, say,

O Lord, thou hast proved and visited my heart in the *night season*, thou hast tried me: O Blessed Father, purge me, that thou mayest find no wickedness in me, through Jesus Christ our Lord. *Amen.*

Lord, give me grace to make hast, and not to prolong the time to keep thy Commandments; that I may call my own ways to remembrance, and turn my feet to thy Testimonies. And then *at midnight* will I give thee thanks, because of thy righteous Judgments, O Lord, my strength and my Redeemer. *Amen.*

16. In case you are not presently disposed to sleep devoutly repeat the LI Psalm, which to that purpose you must be careful to get by heart.

*Have mercy on me, O God, &c.*

*Glory be to the Father, &c.*

---

*Brief Heads of SELF-EXAMINATION, by way of Articles upon the Ten Commandments, to be inquired into by every Christian, especially on the Friday, or the day immediately preceding the Holy Sacrament.*

**E**nter into, and commune with thine own self, O my Soul, Judge thy self, that thou be not judged; Condemn thy self, that thou be not condemned with the World; Answer for thy self before God, and in the presence of his Holy Angels, Guilty, or not Guilty, of Transgressing

*The First Commandment, in all, or any of these Instances?*

1. **H**ast thou at any time doubted whether there be a God, or of his Providence, or his Power, of his Mercy or Justice, or any other of his Attributes?

2. Hast thou neglected to *know* God, or to glorifie him as God ; or to *Love, Fear, Believe in*, or to *give Thanks* unto him accordingly ?
3. Hast thou *feared* Men above him, by committing sin to shun some outward disgraces or sufferings from them ?
4. Hast thou set up in thy thoughts any thing in *Competition* with God's, as *Pride*, or some other *darling Lust*, or *Interest* ?
5. Hast thou, in thy prosperous condition, been *puffed up*, and *forgotten* God, and in danger and distresses *not trusted in* him, but in some other *Worldly helps*, or *unlawful means*, to bring thy self out of them ?
6. Hast thou *beeded* too much superstitious Observations, or Dreams, or Fortune-tellers, or vain Predictions of Men, so as to *give Credit* to them, or *Lots* ; so as to *attempt the Knowledge* of some secret thing by them.

*Guilty, or not Guilty, of Transgressing the Second Commandment, in all, or any of these Instances ?*

1. **H**ast thou framed in thy mind any bodily shape or form of God, or *Worshiped* him

him by an *Image*, or given that *honour* to Saint or Angel, which is due only to himself?

2. Hast thou *behaved* thy self *irreverently* in any of thy *Addresses* to him, not *Kneeled*, or *Religiously bowed* thy self before him?

3. Hast thou at any time *wilfully omitted* Prayers, Publick or Private, and been *glad* of a pretence to do so?

4. Hast thou contented thy self with coldness and deadness, or wandring thoughts in thy Prayers; or *drawn near* unto God with thy Lips, when thy Heart hath *been far* from him?

5. Hast thou been more *careful* of the outward ceremonial part of thy *Worship*, than of the inward and spiritual?

*Guilty, or not Guilty, of Transgressing the Third Commandment, in all, or any, of these Instances?*

1. **H**Ast thou in thine ordinary *Conversation* used any rash Oath, or eager Execration?

2. Hast thou *Perjured* thy self, or *Sworn* any thing false, knowing it to be so?

3. Hast thou *design'd* to abuse thy Neighbour

by failing in any Engagement, which hath been in thy power to perform?

4. Hast thou seriously *considered* and *bewailed* thy frequent and dangerous violations, of that *great and solemn Vow* which thou madest to God in thy *Baptism*? As also the Breach of any other *Religious and Deliberate* Vows and Promises made in time of Adversity, or at any other time, unto him?

5. Hast thou *unduely regarded*, or *irreverently treated* any of those Persons or things whereon the Name of God is called, as his Priests, Word, Sanctuary, &c.

6. Hast thou, by a vile and wicked life, *given occasion* unto others to *Blaspheme* the Holy Name of God?

*Guilty, or not Guilty, of Transgressing the Fourth Commandment, in all, or any, of these Instances?*

1. **H**ast thou *Prophaned* the Lord's Day, or any other Feasts or Fasts of the Church, by *intending* too much on thine own business, and not *devoting* them chiefly to holy Exercises, whereunto they were assigned?

2. Hast thou been satisfied *in them* with the bare

*for the Holy Communion.* 117

bare use of means without any regard to practice?

3. Hast thou neglected to shew forth in them thy Charity to those who stand in need of it?
4. Hast thou, *in them*, neglected Prayer, or Reading the Holy Scriptures, or receiving the Communion?
5. Hast thou profaned the *Lord's Supper*: Either, first, by coming to it ignorantly, or without Examination, or without Contrition, and purposes of new life: Or secondly, By Behaving thy self irreverently at it without Devotion and spiritual Affection; Or thirdly, by neglecting to keep the Promises made at it?
6. Hast thou been careless of Assigning some set and solemn times to humble thy self for thy sins, or of calling thy self to a daily account for them, or of acting revenge upon thy self by Fasting, and other acts of Mortification?

Guilty, or not Guilty, of Transgressing the Fifth Commandment, in all, or any of these Instances?

1. **H**ast thou refused Obedience to the lawful Commands of the King, or any in  
F 3. Autho-

*A Preparatory Office*

Authority under him ; or *sowed Sedition* among his People ?

2. Hast thou *grudg'd* his just *Tributes*, or *judged* and *spoken evil* of him ?
3. Hast thou *griev'd* or *despis'd* thy *Spiritual Fathers*, such as *labour* for thy *Soul* ?
4. Hast thou sought to *withhold* from them their just maintenance ?
5. Hast thou *forsaken* thy lawful Minister to *follow* factious Teachers and Conventions ?
6. Hath thy behaviour been *stubborn* and *irreverent* unto, and hast thou *despised* thy Natural Parents, either first, By publishing their *Infirmities* ; or secondly, By *Contemning* their *Counsels* ; or thirdly, By *Murmuring* at their *Government* ?
7. Hast thou *neglected*, on any occasion, to *assist* them to thy Power, or to *offer up daily Prayers* to God for them ?

*Art thou a Parent, and*

8. Hast thou been careless of instructing thy Children betimes in the *ways of God* ; but for want of timely *Correction*, suffered them to run into *Customs of Sin* ; or encouraged them thereto by thine own *evil Example* ?
9. Hast thou discouraged them by *harsh and cruel usage*, and not provided for their subsistence according to thine *Ability* ?

*Art*

*Art thou a Brother or Sister, and*

10. Dost thou want Affection towards thy Brethren or Sister, but sometimes harbourest Envyings, and Heart-burnings in thy Heart towards them?

*Art thou an Husband, and*

11. Hast thy behaviour been unkind, forward and unquiet towards thy Wife, not bearing with her Infirmities?

12. Hast thou neglected to pray for her, and not endeavoured to advance her good, Spiritual and Temporal?

*Art thou a Wife, and*

13. Hast thou striven for Rule and Dominion over thy Husband, and resisted his lawful Commands, and not prayed for him?

*Art thou a Master, and*

14. Hast thou used thy Servants cruelly and tyrannically?

15. Hast thou been careless of their Souls; either first, By not providing them means of Instructions: Or secondly, Not admonishing them when they commit Sin: Or thirdly, Not allowing them time for Prayer, and the Worship of God?

*Art thou a Servant, and*

16. Hast thou disobey'd the lawful Commands of thy Master.

17. Hast thou murmured at his *Rebukes*?  
 18. Hast thou purloin'd his *Goods*, or care-  
 lessly wasted them?

*Guilty, or not Guilty, of Transgressing the  
 Sixth Commandment, in all, or any of  
 these Instances?*

1. **H**ast thou hastened thy end by *wilful  
 intemperance and disorderly living*?
2. Dost thou want *bowels of Mercy and  
 Compassion* to thy poor Neighbours, and  
 not minister unto their *Necessities*?
3. Art thou guilty of Murder, secret, or  
 open?
4. Hast thou wish'd in thine heart the death  
 of any of thy *Neighbours or Relations*?
5. Hast thou *maligned*, and been *causelessly*  
 or *sinfully angry* with thy Neighbour?  
 Hast thou born any *Hatred or Malice*, or  
*Revenge* in thy heart towards him?
6. Hast thou not rejoyced in his good  
*success*, but envied his *welfare*.
7. Hast thou drawn any to *Drunkennes*,  
 or other Vices, which may bring *Disea-  
 ses or Death*?
8. Hast thou *maim'd* or *hurt* the body of  
 thy Neighbour?

9. Hast thou stirred men up to *fighting* or *quarrelling*?
10. Hast thou *rashly wished* thine own death?

*Guilty, or not Guilty, of Transgressing the Seventh Commandment, in all, or any of these Instances?*

1. **H**Ast thou *actually defiled* thy Neighbour's Wife, or thy body by *Adultery, Fornication, Lasciviousness, Uncleaness* either of *hand or eye*?
2. Hast thou *deliberately pleased* thy self with, and *consented* unto any *foul lascivious Thoughts, impure Fancies and Desires*?
3. Hast thou *delighted thy self* in *wanton Company, in unchast Songs, or filthy abscene Talking*?
4. Hast thou not *laboured to subdue* thy body by *Fasting, or other Severities*, but rather *pampered* it to *heighten thy Lust*?
5. Hast thou *patched or painted* thy face, or otherwise *adorned* thy body with a *design of rendring others Lustful, or Carnally desirous of thee*?

6. Hast thou been proud of thy Apparel, or bestowed too much *time, care, or cost*, about it?

*Guilty, or not Guilty, of Transgressing the Eight Commandment, in all, or any of these Instances?*

1. **H**ast thou been *content* with that state, whatever it be, wherein thou art?
2. Hast thou been *Idle or Negligent* in that condition of Life whereunto thou art called?
3. Hast thou been *too vehement upon*, or *spent too much time* at lawful Recreations; or been at any time *drawn* by them to Anger or Covetuousness?
4. Hast thou not been *so exact in paying and dealing* with those thou hast traded with as thou wert able, and in Justice wert bound?
5. Hast thou in *buying or selling* used Arts of deceit, or *exacted* on the Necessities of thy Neighbour?
6. Hast thou by *violence, or colour of Law, or Cozenage, or any other undue means*, taken from thy Neighbour what belonged not to thee?

7. Hast

7. Hast thou kept back the wages of the  
Servant and Hireling?

*Guilty, or not Guilty, of Transgressing the  
Ninth Commandment, in all, or any of  
these Instances?*

1. **H**Ast thou been forward to believe in  
reports of thy Neighbour?
2. Hast thou *causelessly* suspected, or *rashly*  
judged of him?
3. Hast thou invented, or said any thing  
false, that hath been injurious to his  
good Name and Reputation?
4. Hast thou *falsly* denied the truth, or re-  
fused at any time to bear witness unto  
it, either out of *fear* or *flattery*?
5. Hast thou *willingly* given ear to Slan-  
derers, Bussie-bodies, and such as go  
about with Lies?
6. Hast thou pleased thy self in *raising* and  
*whispering* vain and fruitless Lies?
7. Hast thou *railed* at thy Neighbour for  
any Injuries done unto thee?
8. Hast thou *despised*, or *scoffed* and *derided*  
him for his Infirmities?
8. Hast thou *dissembled*, or dealt doubly  
with him?

10. Hast thou been desirous to *seem*, and to be *reputed* greater, or better than thou art?

*Guilty, or not Guilty, of Transgressing the Tenth Commandment, in all, or any of these Instances?*

1. **H**ast thou at any time *inordinately* lusted after what belongs to others?
2. Hast thou entertained *secret Covetings* in thy thoughts, with any delight or complacency in them?
3. Hast thou harboured a thought or desire to hurt, or *any way* prejudice thy Neighbour?

*Lord, have mercy upon us, and incline our hearts to keep this Law.*

---

---

---

Collects for particular Graces.

---

---

For Faith.

**A**lmighty God, whom without *Faith* it is impossible to please; grant me, I beseech thee, so perfectly to *believe* in thy Son Jesus Christ, that my *Faith* in thy sight may never be reprov'd; and being call'd to the knowledge of thy Grace, and *Faith* in thee, and admitted into the *fellowship of Christ's Religion*, I may eschew those things which are contrary to my Profession, and follow all such things as are agreeable to the same, through Jesus Christ our Lord. *Amen.*

For Hope.

**B**lessed Lord, who hast caused all *Holy Scriptures* to be written for our Learning; grant that I may in such wise *hear* them read, *mark*, *learn*, and inwardly *digest* them, that by *Patience* and *Comfort* of thy *Holy Word*, I may embrace, and ever hold fast the *blessed hope* of ever-

everlasting Life, which thou hast given us in our Saviour Jesus Christ; and that I may therefore purifie my self, even as he is pure, that when he shall appear again with Power and great Glory, I may be made like unto him in his eternal and glorious Kingdom, where with thee, O Father, and thee O Holy Ghost, he liveth and reigneth, ever one God, World without end. *Amen.*

*For the Love of God.*

O God, who hast prepared for them that *love thee*, such good things as pass Man's Understanding, pour into my Heart such *Love towards thee*, that I *loving thee* above all things, may obtain thy Promises which exceed all that I can desire, through Jesus Christ our Lord. *Amen.*

*For Charity.*

O Lord, who hast taught us, that all our doings *without Charity* are nothing worth; send thy *Holy Ghost*, and pour into my Heart that most excellent gift of *Charity*, the very bond of Peace, and of all Vertues, without which whosoever liveth is counted dead before thee. Grant this for thine only Son Jesus Christ's sake. *Amen.*

*For*

## For Chastity.

**O** Holy Jesus; who wert conceiv'd in the Womb of a Virgin, I beseech thee grant thy Servant Grace to withstand all Temptations of Flesh, and with pure and clean Heart to follow thee the only God, even for thine own Mercies and Merits sake. *Amen.*

## For Contrition.

**A**lmighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the Sins of all them that are *penitent*: create and make in me a *New and Contrite Heart*, that I worthily *Lamenting my Sins*, and *acknowledging my Wretchedness*, may obtain of thee, the God of all mercy, perfect *Remission and Forgiveness*, through Jesus Christ our Lord. *Amen.*

## For Devotion.

**M**ost great God, who hast not only permitted but invited us *needy and miserable Creatures* to present our *Petitions* to thee. O let me set a true *value* on this most *invaluable Privilege*. I come unto thee, O Lord, as a *Worm*, to my *Sovereign Maker*; I come as an *Heinous*

*Heinous Offender* to a just and severe Judge; let, I pray thee, mine addressees to thine house be with a Reverence some way answerable to thine *awful Majesty*; give me an *heartly desire* to pray, and such a *pure intention* and *fixedness of mind* upon thee, that I may no more incur the guilt of drawing near to thee with my *Lips*, when my *Heart* is far from thee: But may so ask, that I may receive; seek, that I may find; knock, that it may be opened unto me; that so from praying to thee here, I may be translated to the praising thee eternally in thy *Glory*, through *Jesus Christ* our Lord. *Amen.*

*For the Fear of God.*

**M**OST great God, who only art high, and to be feared; O put thy *fear* into my heart, that I may not sin against thee; let me never so misplace my *Fear* as to be *afraid* of man, whose breath is in his *Nostrils*: But fill me, O Lord, with the *Spirit* of thy *Holy Fear*, which is the beginning of *Wisdom*, and let it preserve me in a perpetual conformity to thy *Will* in all things, through *Jesus Christ* our Lord. *Amen.*

*For*

For Contentedness.

O God Heavenly Father, who by thy Son Jesus Christ, hast promised to all them that seek thy Kingdom, and the Righteousness thereof, all things necessary to their bodily sustenance; keep me, I beseech thee, under the Protection of thy good providence, and learn me in whatsoever state I am, therewith to be *Content* : Grant me Grace to forsake all *covetous desires*, and *inordinate love of Riches*, and so to pass thro' things *Temporal*, that I finally lose not the things *Eternal* ; but that among all the sundry and manifold changes of the World, my heart may surely there be fixed, where true joys are to be found, thro' Jesus Christ our Lord. *Amen.*

For Diligence.

O Lord, who in thy holy Gospel didst sentence the *slothful* and *unprofitable Servant* to be cast into utter darkness; grant that I may not stand here *all the day Idle*, but may give all *Diligence* to make my *Calling* and *Election* sure; make me in some measure *useful* to my self and others, both as to *This*, and a *better Life*. O let me never lay mine eyes to sleep, nor my eyelids to slumber, but learn and labour to get  
my

*my own living, and to do my duty in that state of life, whereto it hath pleased thee to call me, through Jesus Christ our Lord. Amen.*

*For Humility.*

**A**lmighty God, who resistest the *proud*, and givest Grace to the *Humble*; mercifully grant that I may follow the example of the great *Humility* of thy blessed Son, who did *humble* himself to take upon him our *Flesh*, and to suffer death upon the Cross: Convince me that as I am vile in my self, so let me be vile in mine own eyes, and may therefore esteem every man better than my self. Grant this, O Father, for thy Son Jesus Christs sake. *Amen.*

*For Justice.*

**O** Thou King of *Righteousness*, who lovest *Righteousness*, and art mighty to save; give me grace to obtain this love of thine, by cleansing my heart and hands from all *fraud and Injustice*; O grant that I may most strictly observe that sacred Rule of doing unto all Men, as I would they should do unto me; that I hurt nobody by word or deed, but to be *true and just* in all my dealings; that so keeping *innocency*, and taking heed unto the thing that

*for the Holy Communion.*

131

that is *right*, I may have Peace at the last, even Peace with thee, through Jesus Christ our Lord. *Amen.*

*For Meekness.*

**A**lmighty God, who hast given thine only Son, to be unto us both a *Sacrifice* for sin, and also an example of godly life; give me Grace to learn of him who was *meek and lowly* of heart, to put on bowels of *mercy, meekness, and long suffering*; to be so far from offering the least injury, that I may never *return the greatest*: And grant, I beseech thee, that the course of the World may be so peaceably ordered by thy Governance, that I may joyfully serve thee in all *godly quietness*, thro' Jesus Christ our Lord. *Amen.*

*For Sincerity.*

**O**Holy Lord, who searchest the heart, and triest the reins, try me, I beseech thee, and seek the ground of my heart; purge it from all *Hypocrisie*, and suffer not any accursed thing to lurk within me; give me truth in the inwards parts, to be *pure in heart*, that I may be qualified to see thee in thy Kingdom, thro' Jesus Christ our Lord. *Amen.*

*For*

## For Temperance.

**G**Racious Lord, who refreshest us with thy good Creatures, and art the Author of all good things which we do enjoy; give me Grace, I pray thee, to use them with *thankfulness and moderation*, let me never be overcharged with *Surfeiting and Drunkenness*, nor my Table be ever made a snare unto me; but that I may so *eat and drink*, that my flesh may be subdued to the Spirit, and I may ever obey thy godly motions in Righteousness and true Holiness, to thy Honour and Glory, through Jesus Christ our Lord; *Amen.*

## For Thankfulness.

**G**Racious God, who hast taught me, that it is a joyful and pleasant thing to be *thankful*; suffer me not, I beseech thee, to lose my part in that Divine pleasure, but make me truly and unfeignedly *thankful* to thee for all thy mercies: Let thy mercies lead me to Repentance, and give me grace to improve them all to the advancement of thy Glory, and the furtherance of my Salvation; thro' Jesus Christ our Lord. *Amen.*

For

*For Trust in God.*

O God, who never failest to help and govern them, whom thou dost bring up in thy stedfast fear and love ; Grant, I pray thee, that I may *lean* only upon the *Hope* of thy heavenly Grace , and in all my troubles, put my *whole trust and confidence* in thy *mercy*, casting all my *care* upon thee, and being *careful for nothing*, but to keep thy Testimonies, and think upon thy Commandments to do them. Grant this, O Father, for Jesus Christ's sake. *Amen.*

*For Perseverance.*

O Lord, raise up, I pray thee, thy Power, and come among us, and with great might succour me; that whereas thro' my sins and wickedness, I am sore lett and hindered in running the Race that is set before me ; thy bountiful grace and mercy may help and strengthen me to hold out unto the end, so that I may be saved ; to be faithful unto death, that I may receive a Crown of Life: nourish me, I pray thee, with all goodness, and of thy great mercy keep me in the same, thro' Jesus Christ our Lord. *Amen*

M

N  
hat  
and  
me  
ced  
Cre  
oth  
hat  
of h  
pro  
me  
Boo

---

A  
**MEDITATION**  
FOR

Every Day of the Week.

---

*Mondays Meditation.*

*Of the End for which I was Born.*

**M**Y God, who is not capable of any accession of Glory or Happiness by bringing me into this World, yet hath been pleas'd to bring me out of nothing, and give me a Being, that so he might make me the Object of his love, and hath now plac'd me in a condition far above all his other Creatures, except his Angels, and as all his other Creatures are subservient to my use, so hath he also ordained those heavenly pieces of his Creation to be ministring Spirits for my protection and advantage ; and hath given me an understanding, Will, and Memory ; a Body vigorous, active, and fit for Employment  
of

of several kinds. But surely as I did not make my self, nor give my self those endowments, so am I not to think, that I am made for my self, or to serve my self alone: No, I am told by *Solomon*, that God made all things for himself; and if all things then my self too, who enjoy no small share of his loving kindness; and therefore now I am not free, and at my own appointment and disposition in the World, but am obliged to perform the things for which I was sent into this habitation: And upon my most serious recollection I am convinc'd, that for no other matter, or cause, or end, I was born or placed here, but only to serve God in this Life, and by this service to gain Heaven and Salvation in the Life to come. *Moses* tells me, that we were created, that we should be a holy People to serve our God, and for this end we were redeemed, *Luke* 1. 74, 75. to serve God in holiness and righteousness all the days of our Life. Since then it is thus, that the end and final cause of my being in this World is to serve God, and thereby to work out my own Salvation, whatsoever thing I do or bestow my time in, which is either contrary, or impertinent, or not profitable to this end, tho' it were to gain Kingdoms, it is but vanity and lost Labour, and such as will turn in time to grief and repentance, if I change not my courses; because it  
is

is not the matter for which I came into this World, nor for which I shall be demanded an account, except it be to receive Judgment and Punishment for the same. Again, seeing my only business and affair in this World is to serve my Maker, and save my own Soul, and that all other Creatures here, are but to serve my use to that only end, I desire to be indifferent to all these Creatures, as to Riches or Poverty, to Health or Sicknes, to Honours or Contempt; and I will endeavour to desire so much or little of either of them, as God sees best for me to the attainment of the said end, which is the serving of God, and the weal of my own Soul. And now, O my Soul, I must take thee off from all vain and sinful delights, and from all immoderate use of those that are most Innocent, and fix my Endeavours, and all my Actions upon those things which may conduce to those ends, resolving to spend this day accordingly.

*A short Ejaculation for this Day.*

Lord, since thou hast made me a reasonable Creature, let me not be more unreasonable than the Beast, who do all according to the Rules thou hast set them: Grant, that I may do nothing this day, but what may advance thy Glory, and my own Happiness. Amen.

*Tuesdays Meditation.**Of God's Loving Kindness to Man.*

**W**Hen I consider the parts of my Body, or the faculties of my Soul, I am astonish'd at my own dull Heart, that I should so ungratefully spend my days without considering the manifold mercies of my God. How many poor Creatures do I behold, whom Nature hath rendred ridiculous by some deformities, either in misplacing, adding, or taking away some of their Members; or else by Palsies, breaking of Bones, or some other Diseases, or sad Accidents, have been made utterly useless when they were made. whilst my God hath sent me into the World compleatly built, and hath ever since preserv'd me thus without any of those blemishes or sad inconveniencies, which I see many that are better than my self, labour under. And then, my Reason is perfect and clear, without any imperfection, serves me upon all occasions to contrive and manage all those Affairs I am engaged in: whereas many are so stupid and ignorant, so fortish and foolish, that they little differ from the very Beasts that tread upon the Grass, and cannot in any services be useful either to themselves or others. But, besides all these, and the other

other advantages I enjoy in common with all Christians, as my being created in the likeness of nothing but himself, to no other end, but to be his honourable Servant in this World, and his Copartner in Kingly Glory for all Eternity in the World to come; besides the Redemption and Preservation which I am entitled to. Yet if I do not wretchedly oppose his various contrivances for my eternal good, I have many advantages in my Education, and in the daily passages of my Life, being assisted by good Books, frequent Instructions, constant Examples, and daily Devotions, which many good People have not the opportunity of. And now I am ashamed of my Ingratitude to so good, so great, so bountiful a Lord, and resolve with my self for the time to come to amend my life, and my former behaviour to him. And since I know there is nothing, O Lord, which doth so much displease thee, or dry up the Fountain of thy Mercy, or so binds thy hands from doing good, as doth Ingratitude in the receiving of thy Benefits, wherein I have hitherto exceeded all others; but I have done it, O Lord, in my own Ignorance, not considering thine infinite Gifts bestow'd on me, or what account thou wilt demand for the same. But now seeing thou hast vouchsafed to make me worthy of this special Grace also, whereby to see and know my own error, I hope hereafter by di-

rection of the same Grace to shew my self a better Child towards thee. O my God, I am vanquish'd at length with consideration of thy Love; and how can I have the Heart to offend thee hereafter, seeing thou hast preserv'd me so many ways with Benefits? Can I have Hands to lift up against thee, who hast given up thine own Hands to be nail'd upon the Cross for me? No, I trust not to return to such Iniquity for the time to come, to which I beseech thee, for thy Mercies sake, from thy holy Throne of Heaven, to say, *Amen.*

*The Ejaculation for this Day.*

*Lord, as thy Mercies do surround me, so grant that my returns of Duty may abound; and let me this Day manifest my Gratitude, by doing something well pleasing unto thee, Amen.*

*Wednesdays Meditation.*

*Of Sin.*

**W**HEN I reflect upon the displeasure which God hath to Sin, to be so great, that he hates all those that work Iniquity, that both the wicked Man, and his wickedness, are hateful in his sight; and finally, that the whole Life

Life of Sinners, their Thoughts, Words, yea, and their good Actions also, are Abominations unto him, whilst they live in Sin; and that which is yet more, he cannot abide nor permit the Sinner to praise him, or to name his Testimonies with his Mouth, as the Holy Ghost testifieth. When I consider all this, I cannot but tremble with fear, lest I should be one of that number, having *carelessly* and *vainly*, and in many things *sinfully* past away my Days and Years without so much as a serious enquiry into my own Life, or how I might give an account to my God: And when he hath called unto me, and invited me by any of his gracious Methods to good, I have rather yielded to the vain and sinful complacencies of my tempting Companions, and have too often chosen to hearken to, and follow them in their alluring Customs, than to yield my self to his Heavenly Will, and the Invitations of his holy Spirit: Nay, since I have more solemnly dedicated my self to his Service, and have had the paths of Piety smoothed and made plain for me to walk in with ease and delight, and have had a Guide to instruct me in the ways of his Commandments; yet I still feel a coldness in my best performances, and my Heart is even ready to retreat from holy Duties, and willing again to withdraw me into the customary paths of this foolish World; and my treacherous Soul is ready to argue on

G 3

their

their side, to defend, and presently to excuse its ways, by saying, Pride is a point of Gentry, and having a just esteem of my self; that Gluttony and pampering my Flesh is a warrantable enjoyment of the Creatures; that Anger and Revenge are both effects of a noble Mind, that must not tamely put up Affronts or Disrespects; that Lasciviousness is but a trick of Youth; that the immoderate and expensive Artifices of Cloathing, Washing, Patching and Adorning, about which so much time is frequently spent, are but the innocent setting off that Beauty and comely Feature, which, they say, was purposely bestow'd by God to be set out to best advantage for Admiration and Delight. Thus I am ensnared by the bewitching example of others to betray my own Reason, so as to have too kind thoughts of all Vices and Fooleries of Mankind; I shall one day find, that such pleasant Devices and Dreams will be turned into Tears, and such fond Conceits into doleful Lamentations; for I know God will not be jested with, and that he is the same God still, and will ask as severe an account of me, as he hath done of others before. Therefore, my Soul, I will drive out of my Heart all vain and foolish Complacencies in any thing that may withdraw me from my Duty, or engage me into Sin; and I will, by God's assistance, spend my remaining  
days

days so carefully, as not willingly to commit any thing I know to be a sin, or do any action, that I think may offend my God.

*The Ejaculation for this Day.*

O Lord, let me not this day add to that heap of sins, which I stand guilty of, but give me grace to pass it innocently, that neither in thought, word or deed, any offence may pollute my Soul. Amen.

*Thursdays Meditation.*

*Of Death.*

**I** Do now appear before my God a living object of his Favour; but how soon the Scene may change; and I go hence, is not yet discovered to me; possibly this very day may be the last that I shall ever count, and the same Earth, which I do now so negligently tread, may speedily receive me into her cold Embraces. Nor is the way by which I shall pass from hence less uncertain than the time; for I cannot recount how many ways I may fall into those Hands of my Eternal Judge, whereof St. Paul conceives great horriour in only thinking. One little Stone falling from the House top as I pass by, one slip of my Horse,

or fall of my Coach as I ride; one sudden mischance of a Million that may befall me; is able to bereave me of this Life, and cast me into that Everlastingness, out of which the whole World shall not be able to deliver me. And if I could triumph over all these sad Accidents, and had assurance that nothing of mishap should befall me to hurry me to my Grave; yet I have a War within me, a Seed-plot of Corruption, which will at length by degrees eat out my Juice and Marrow, and certainly return me to that Dust from whence I took my Being; all those Friends and Relations who profess so much kindness, and are my Companions in my merriment, will endeavour to avoid the sight of me, and leave me a pale Carcass to be sacrificed to the gaping Grave, and think no more of me than I am used to do of those I now survive. Possibly some one or other dear Friend may passionately follow my Hearse, and mix some Days and Nights with Tears for my departure: But, alas, when the black attire of Funeral is over, and all my Acquaintance dismissed to their several Houses, I am lodged in a condition incapable of alteration: My Body falls to Dust, and is mingled with its own Ruins; But my Soul that appears before the Tribunal of that strict inquiry, that leaves no circumstance unsearch'd, but takes cognizance  
of.

of all the Passages of my Life; and accordingly I am dismissed into an endless condition of Happiness or Woe; and this condition I must undoubtedly one time or other arrive at, through the Gate of Death. O then let me daily, nay, hourly, provide for that Passage! I will by frequent Meditation of my Death, suppress all growth of Sin in me; I will think of the cold sweat of Death, and by that, allay all heat of wanton Thoughts; I will think how meanly clad I shall enter into my Coffin, only a Shroud, and other Drills, fitted to cover me from Undecency; and this thought shall keep me from complacency in rich Attire, and haughty Deckings: I will think how Pale and Wan, and Loathsome I shall then appear, and by that Thought I will subdue and mortifie those pleasing Conceits I am too apt to entertain: I will contrive the spending of my Days, so as every Day may something advance my preparation for a blessed Sentence.

*The Ejaculation for this Day.*

*O Lord, deliver me from the Corruption of my own Life, that so when I die, my Corruptible may put on Incorruption; and let me this Day do something that may add to my comfortable departure out of this Life. Amen.*

*Friday's Meditation.**Of Judgment.*

**A**S soon as I have bid adieu to the World, and am arrested by the cold Hands of Death, I must appear before my Judge, stript of all my Ornaments, and forsaken of all my Companions; the Book which shall be opened, and whereby my cause must be discerned, shall be the Evidence of my Deeds and Actions in this Life, recorded in the Testimony of my own Conscience; and in the infallible memory of God's unsearchable Wisdom, so that this account will be most exact and exquisite, not omitting the least error or offence that I have committed or passed in all my Life; and then my particular Reward or Punishment will be assign'd to my own self, conformable to the quality of this account, wherein Sentence of Life or Death is to be pronounced accordingly, and that without ever being recall'd. But besides this, there will be another day of my appearance too, when all the World shall appear at the same General Sessions, and then my Body shall rise with me again to partake with me either in Joy or Torment, according as it hath been instrumental in my good or bad Actions, and as it hath acted in those Vertues

or

or Vices which my Soul did exercise; and there my Saviour Christ who was contemptible in this World, and dishonoured publickly, and put to confusion with the rest of his Saints and Martyrs, in the sight of all Men, shall then shew his Power and Majesty in the sight of all his Creatures together, but especially of all his wicked Enemies, who after that day are never to see nor behold him more. And then too my own Happiness or Misery will have its full completion, and receive all the degrees which it is capable of. For Men, when they die, do not commonly carry with them all that good or evil which they have wrought, having left behind them divers things which may increase their good or ill deserving after their Death; as their Examples, their Instructions given to others, their temporal Faculties or Abilities, Books, Preachings, Exhortations, and other like means, whereby good or evil may proceed after their departure, the reward whereof cannot so conveniently be assigned to them; for that their Joy and Punishment, in the places where they are, may daily be augmented by the hurt or good that may be wrought in this World, by the means they left behind them: So 'tis believ'd by divers, that the Glory of St. Paul is increased daily in Heaven, and shall be unto the Worlds end, by reason of them who do daily profit by his Writings, and raise Exam-  
ples

ples of good Life upon the Earth : As also on the contrary part, that the torments of Hereticks are continually augmented by the number of them who are from time to time corrupted by their seditious and pestilent Writings; the like they hold of desolute Poets, and other loose Writers, who have left behind'em lascivious, wanton and carnal Poems; as also of negligent Parents, Masters or Teachers, who by their Carelessness, and evil Examples, give occasion to corrupt their Children, Scholars, or Servants, committed to their Government and Instructions. But after this general Day of Judgment once past, there shall be no more place of pretending upon Earth to either Good or Evil : For that the World there and then shall have an end, and final Sentence be pronounced of whatsoever hath passed from the first Foundation and Establishment thereof. And is it thus, O my Soul, that I must one day undergo so strict a scrutiny, that I cannot avoid so final a Condition ? I will surely then, clearing and casting up all accounts and reckonings of my Trustick and Stewardship in this worldly Pilgrimage, according to the advice of my God, have a careful, a continual remembrance and consideration of it, as of the greatest and most important business that ever I shall deal in; and I will look upon it as the most forcible means to restrain me from

Sin that possible may be amongst frail Men in this Life. Good God, what a wonderful meeting will this be! How joyful to the Good, and how lamentable, doleful and terrible to the Wicked! The Godly and Righteous being to receive their Bodies, wherein they lived, into the league and fellowship of their eternal Bliss, shall embrace them with all possible sweetness and delight: But the miserable damned Spirits, beholding the Carcases which were the instruments and occasion of their Sin; and, when well knowing that their unspeakable Torments shall be increased by their mutual Conjunction and Association, shall abhor and detest the same, and curse the day that ever they were acquainted. And can I now think fit any longer to delay my preparation for this terrible day? I will now enter into a true Judgment of my Self, my Life, State and Actions, that so I may prevent the danger of that day: I will prepare myself, and accept of that good counsel of my Jesus, and watch for that day, that so I may be able to stand in that fiery trial: And, my blessed Lord, give me his Grace to look better about me than ever yet I have done. *Amen.*

*The Ejaculation for this Day.*

*My God, the Apostle tells me, that if I will judge my self, I shall not be judged of the Lord. O assist me with thy Holy Spirit, to ransack my polluted Heart,*

Heart, that I may this day find out and forsake, whatsoever thou abhorrest, that so I may meet my Saviour at that great day of Judgment, with a pure and penitent Heart. Amen.

---

## Saturdays Meditation.

*Of Hell, and the condition of those that  
are doomed to it.*

**I** Am surpriz'd with horror and amazement when I do but reflect upon this place, and am no less astonish'd to consider what God hath reveal'd to us in the Scripture, touching the dreadful circumstances of hellish Punishments. And yet to see how little the wicked Men of this World do fear; and indeed how little I my self have regarded them; I have not suffer'd the thought of Hell to dwell upon my Spirits, lest it should prove too great an alloy and hindrance to my Pleasures, and earthly Contentments. But I am well assur'd, that this is the only time when I may avoid all; now is the season when I may put my self out of danger of all these terrible matters; and therefore this very day I will resolve to fix them in my Thoughts, for I know not what will become of me to morrow, it may be, my heart will then be as hard and as careless of all these Affairs as it hath been heretofore. Besides, I know that

that it cannot be very long before I must be Judged; and that the pains are Intollerible and yet Eternal, which do attend and expect the Wicked: I confess them most unfortunate and miserable, who for Pleasure or Commodity of this World are fallen into them: What then should hinder me to dispatch my self of all Impediments, and break violently from the charms of this wicked World, which hinder me from this true and zealous Resolution? Why should I sleep one night, seeing this night may chance to be my last? I know if I come there with a guilt upon my Soul, any Sin unrepented of, I must stand to that which is past, and according to my former demeanour must receive my doom. I shall behold a Judge there, whose Face I cannot avoid, whose Wisdom I cannot deceive, whose Equity I cannot bow, whose Severity I cannot mollify, whose Indignation I cannot appease, whose Determination I cannot alter, and from whose Sentence I cannot possibly appeal. Alas! What will all those delicate People do at that instant, who live now in Ease and Pleasure, and can take no pains in the Service of God, nor abide to hear the naming of that day? What shift, I say, will they find out in their extremities? Whither will they turn themselves? Whose help will they crave? They shall see all things cry Vengeance round about 'em, all things yield them cause of fear  
and

and horror; but nothing any spark of Hope or Consolation; above them they shall behold the Judge offended with their wickedness; beneath them, Hell opened, and the cruel Furnace ready prepared to receive them to Torment; on the right Hand shall be their Sins accusing them, on their left the Devils ready to execute God's eternal Sentence upon them; within them shall lie their own Consciences, gnawing; without them all damned Souls bewailing; and on every side the whole World burning. And whilst the saved are rejoycing, and singing Praises to their Saviour, the damned will be blaspheming and cursing the day of their Nativity. Consider the intolerable upbraiding of those most insolent Infernal Spirits, against the miserable condemned Souls which are delivered to their Prey; with how bitter scoffs and taunts will they drag them to their Torments! Consider the eternal separation that must then be made of Fathers and Children, Mothers and Daughters, Friends and Companions; the one to Glory, the other to Misery, without any hope ever to see or hear any more the one the other; and that which will be as great a grief as any of the rest, the Son or Daughter going to Rest or Joy, shall not take pity of their own Parents or Friends that are carried to Calamity, but rather shall rejoyce thereat, for that it redoundeth to the  
Glory

Glory of God for the execution of his Justice. O my Soul, who art now considering of these things afar off, and then shall be present to see actually before thine Eyes, what a doleful separation will that be! What parting! O let me think seriously where will all my Delights, Recreations and Vanities be at that day, all mine and my Parents Pleasures and Pastimes; and our pride and bravery in Apparel, our glittering in Gold and sweet Savours and Perfumes, our honours and adorations of Cap and Knee, our adulations of Flatterers, our delicate Fare and dainty Dishes, our wanton Dalliances and pleasant Entertainments? Where are all our Friends and merry Companions, accustomed to laugh and disport the time with us? Are all now gone? O Vanity of Vanities, when we have most need of them they are farthest from us, and the remembrance of them shall do nothing but torment us: O how foul will the Pleasures past of the World seem at that day? How doleful will the Cogitations thereof be unto us? How frivolous a thing all the Delights, Dignities, Riches, Offices, and other Preferments, wherein we take such excessive satisfaction now, and do weary our Spirits for gaining the same? And on the contrary side, how joyful will that Person be at that Instant, who hath attended to lead a vertuous Life, in resisting of Sin, and doing good Works, albeit

it were with much pain and contempt in the World? Most happy Creature shall he or she be that ever they were born, and overwhelmed with joy, that ever they walked the paths of Religion, and no Tongue but God's can express the happiness. And this by God's Grace shall be the business of my remaining days.

*The Ejaculation for this day.*

Holy Father, season my Soul with such a dread of eternal torments, that no temptation may so bewitch me, as to commit any thing that may bring me in danger of them; and let me this day order my steps so vigilantly, that I may contract no stain, which may occasion thy displeasure towards me, for Jesus Christ's sake. Amen.

### *Sundays Meditation.*

*Of Heaven, and the Joys of that Place.*

**I**F a poor afflicted Man, that were out of his way, wandring alone in a deep, miry, dirty Lane, in the midst of a dark and tempestuous Night, far from Company, destitute of Money, beaten with Rain, terrified with Thunder, stiff with Cold, wearied out with Labour, almost famished with Hunger and Thirst, and near brought to despair, with a multitude of other Miseries,

miserics, should upon the sudden, in the twinkling of an eye, be taken out of that affliction, and be placed in a goodly, large, and rich Palace, furnished with all kind of clear Lights, comfortable Fires, sweet Savours, dainty Meats, soft Beds, pleasant Musick, delicate Apparel, and honourable Company, all prepar'd for him alone, and all to attend his coming, to receive and embrace him, to serve and honour him, and to crown and appoint him King for ever: What would this poor Man do? How would he look? Certainly his Heart would be ravish'd with that sudden and exceeding greatness of so inestimable a Comfort. Yet so shall it be, and much more, with those happy Souls that come to Heaven from the troubles of this Life; for never was a cool Shade so pleasant in a hot Summers day, nor a VVell-spring to the poor Traveller in his greatest thirst of the Summer, nor the repose of an easie Bed to a wearied Servant after his Labour at Night, as shall this rest of Heaven be to a wearied Soul that comes thither. *St. Paul* tell us, *That we shall see God Face to Face.* *St. John* tell us, *That we shall see God as he is,* both the Apostles intimating, that all happiness is comprisd in that: And the reason of all this is, because all the Pleasures, Delights, and Contentations of this VVorld, wherein Mortal Men do solace themselves, being nothing else but little pieces of God's

God's incomprehensible Felicity: The same are contained, and much more perfectly in God himself, from whom they are derived: So that they are in their own Nature imperfect unto Men: But now in seeing God, we shall see all the goodness and perfection of Worldly things compact and united together, and presented unto us all at once: And then this Flesh of ours that now is so cumbersome, grievous to the Mind, that now is invested with so many Inconveniences, subject to so many Mutations, vexed with so many Diseases, defil'd with so many Corruptions, replenished with so many Miseries and Calamities, shall then be made glorious and most perfect to endure for ever without change or mutation, and to reign thus, with our Souls everlastingly. O what a joyful day will that be to thee, having lived in the fear of God, and having now achieved in his Service the end of thy Pilgrimage! Thou shalt come at thy Death to pass from Misery and Labour, to Life and Immortality: And in that passage, when others begin to fear, thou shalt lift up thy Head in hope: What a day of joy shall that be unto thee, when thy Soul slipping out of Prison, and conducted by the Angels into the Tabernacle of Heaven, shall be received there with the honourable Company and Troops of that place, with all those blessed Spirits, with Cherubims and Seraphims, Patriarchs,

archs, Prophets Martyrs, Virgins, Innocents, Confessors, holy Bishops, and other Saints of God! All which as they did rejoyce at thy conversion from Sin, so shall they triumph now at thy Coronation and Glorification: What joy will thy Soul receive at that day, when she shall be presented by her good Angel into the presence of all those Princely States, before the Seat and Majesty of the blessed Trinity! What recital and declaration of all thy Good Works done, and Troubles suffer'd for the love and service of God Almighty! When, I say, these blessed Spirits shall lay down in all that honourable Consistory, all thy vertuous Acts, with their Particularities, all thy Alms-deeds, all thy Prayers, all thy Fasting, all thy Innocence of Life, all thy patience in bearing Injuries, all thy Constancy and Industry, all thy temperance in Meats and Drinks, all the virtue of thy whole Life: When all, I say, shall be recounted there, all commended, all rewarded; shalt not thou now see the value and profits of holy Living? Shalt not thou now confess from the bottom of thy Heart, that gainful and honourable is the Service of God? Shalt not thou now be most joyful, and bless the hour ten thousand times, when thou first resolv'dst to leave the slavery of this miserable World, to serve only so bountiful a Lord? Shalt not thou now think thy self beholden most deeply

to him or her that perswaded thee first to make this resolution : But yet more than this, when thou shalt look round about thee, and see what a Port and Haven of security thou art arrived at, and shall cast back thine Eyes upon those dangers thou hast passed, and wherein other Men are in hazard, thy cause of joy shall greatly be increased, for thou shalt see now evidently, how infinite times thou wert in peril to perish in thy Earthly Pilgrimage, if God had not held his special Hand over thee, thou shalt now see the danger wherein other Men are, the Death and Damnation wherein so many of thy Friends and Acquaintance have fallen, in the eternal pains of Hell incurred by sundry that used to laugh, and be merry with thee ; all which shall augment thy felicity of this so fortunate a Lot. And now for thy self thou mayst be secure, thou art out of all dangers for ever ; there is now no more need, or fear, or labour, or care ; thy only exercise will be now to rejoice, to triumph, to sing Hallelujahs to the Lamb, that hath brought thee to this Felicity, and will continue thee there for everlasting. Moreover, thy happiness will be much advanced, by meeting with all thy godly Friends in Heaven, with Father and Mother, with Brethren and Sisters, with Kindred and Relations, Familiars and Acquaintance ; where mutual  
Embraces

Embraces and Welcomings will still encrease the Joy. Add to this the most triumphant Exultation that shall daily be at the fresh arrival of new Brethren and Sisters coming thither from time to time, with the spoils of their Enemies, vanquished and conquered in this World. O what a comfortable sight will it be to see those heavenly Mansions filled every day with Men and Women, to see the Crown of Glory set upon their Heads, and that in all varieties, according to the infinite variety of their Combats and Conquests; One for Martyrdom and Confession against the Persecutor; another for Virginity and Chastity against the Flesh; another for Humility and Poverty against the World; another for many Conquests together against the Devil. And now, my Soul, thou hast been shew'd a faint draught of Heaven, and sure thou canst not but from this dull Prospect, long desire, and even pant to gain a little of it. But there is no other way ever to arrive there, there is no hope to be crowned with this wreath of Glory, but by a virtuous and holy Life, by keeping of God's Commandments; *For it is not every one that saith, Lord, Lord, shall enter into the Kingdom of Heaven, but they that shall do the Will of the Eternal Father of Christ, who is in Heaven.* And I am well assured, that whatsoever hath been the subject

subject of this Weeks Meditation, either of my Creator or Creation ; of my particular End, or of the Majesty, and Bounty, and Justice of my God and Saviour ; as also of the account that he will one day demand of me, and of the Punishments and Rewards laid up for the Life to come : All this, I say, hath been to bring me to a true sence and apprehension of my poor Soul, and to engage me to a virtuous and holy Life here, and so to guide me to inexpressible Joy hereafter. The Lord God of Heaven give me Grace to make use of all to those blessed ends. *Amen.*

*The Ejaculation for this Day.*

Lord, fix my Heart so firmly on thy everlasting Joys, that nothing in this World may ever hinder my pursuits of them, and let this Days Performances some ways advance my assurance of them, that so when I return to my Earth, I may lie down in sure and certain hopes to be transplanted into those Mansions where all Tears shall be wiped from my Eyes, and live eternally with my Saviour JESUS. *Amen, Amen.*

5 SE 54

Glory be to God on High.

F I N I S.